

fit & well

healthy starts here...

Beach body cheats

**Lose 5lb
FAST!**

One Show's Alex

**'MY TOP
TUM
TONER'**

**23 healthy
summer treats**
From burgers to ice cream!



Low cal



High protein



Low fat

**ENERGY
in a glass!**

Smarter
smoothies

WHY YOUR
salad
IS MAKING
YOU FAT!

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fake tan**

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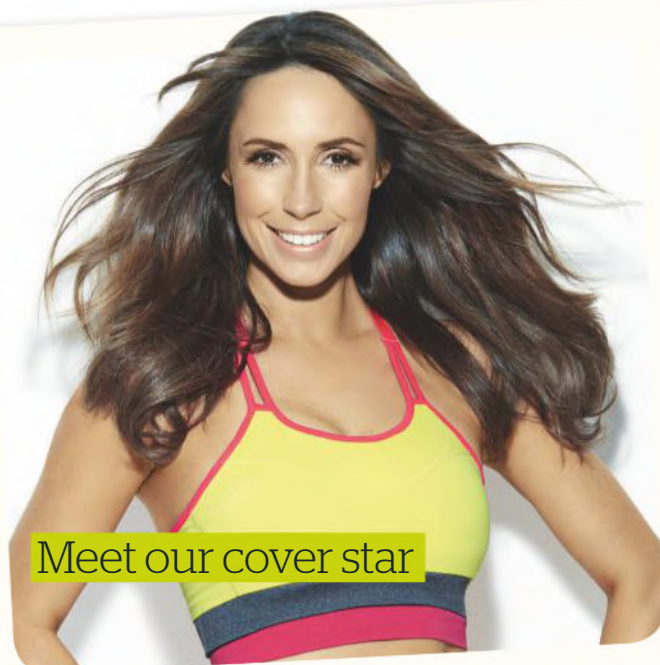


Plus!
Eat Well
mini mag
starts on
p35



Cover photo Dan Kennedy Alex wears Result crop, £62; Work It crop top, £62, both Every Second Counts (everysecondcounts.com). Shorts, £18.99, Nike (nike.com) This page Anne Marie Bickerton, Camera Press, iStock

Welcome to fit & well



Meet our cover star



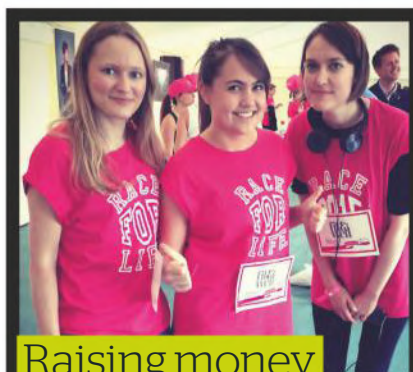
It's the time of year when thoughts turn to summer holidays, and we all try to find ways to look and feel

that little bit better while wearing rather a lot less! Well, your search is over. This issue isn't about fad diets or torturing yourself for weeks on end to get 'beach body ready'. But it is about quick and easy ideas, and the odd cheat, to help you feel fitter, look slimmer and feel full of energy all summer long. From our gym-free total body tone-up (p18) to the fastest ever flat-tummy tips (p30), just keep an eye out for our special Easy Beach Body Tricks logo. See you next month.

Charlotte

**EASY
BEACH
BODY
tricks!**

We've been...



Raising money

» Our Fit & Well Race For Life team raised more than £200 for Cancer Research UK. Congrats Natalia, Becky and Emma!

Chilling out

» Art director Debs has been relaxing with her new app and book, *Calm*, which helps you meditate, sleep and unwind. Bliss!



Having a cuppa

» With the gorgeous Alex Jones, who shows off her toned bod in this issue.

Faking it

» Features editor Charlotte has been trying the James Read Sleep Mask Tan Face. 'You just put it on before bed, like a night cream, and then wake up golden. It's brilliant!'



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You've been...



Running

Over on Instagram, Emma (a.k.a. em0308) told us about her epic 4.33 miles in 42 minutes. "Then I ran up my nemesis 110 steps, pure hell!" #fitandwellruns



Loving summer

We agree with our Instagram fan szuperszid that the warm weather's a fantastic exercise motivator.

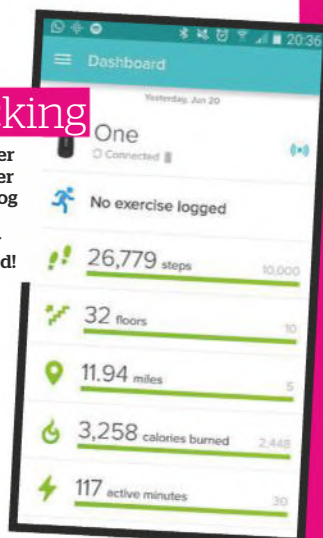


Making curry

A few of you shared healthy curry photos - top marks to Charlotte Spredbury for grinding her own spices.

Tracking

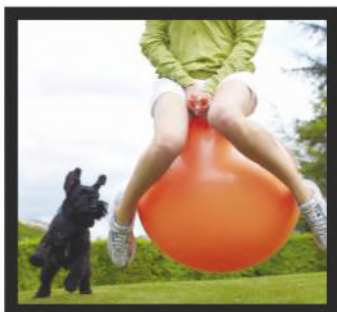
Zoey Tyler shared her activity log - we're seriously impressed!



What's next?

Bounce back stronger

Take our quiz on page 78 to find out how you can ramp up your resilience.



Sweeten up the smart way!

We investigate the truth behind those sweetener scare stories. Read what we found out on page 16.

Bikini body blast

Turn to page 18 to let fitness guru Jessie Pavelka whip you into shape for the beach.



fit & well

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Time Inc.

'You always feel after exercisi

Alex Jones tells Charlotte Haigh MacNeil how she stays toned with one of the hottest exercise trends around - and shares her healthy living secrets...

Demonstrating her favourite exercise moves in our studio, Alex Jones looks even trimmer than she does on TV. *The One Show* presenter, 38, is known for being up for a physical challenge - she scaled the 1,200ft Moonlight Buttriss in Utah for Sport Relief - so it's no surprise she's in great shape. But the Welsh star has a hectic work schedule and a wedding to plan, having got engaged earlier this year to insurance broker Charlie Thomson. So how does she find the time to look after herself? Fit & Well finds out...

and often has other work commitments that take her out of her routine. 'I love Bikram yoga because sweating makes you feel really flushed out and it's great for sculpting your body. But I can only do it when I have time because it's a 90-minute class.' Her solution? 'I run a lot - you can do it anywhere. I leave my kit in the bathroom the night before, then put it on as soon as I get up and just go out, even if it's just for 20 minutes. If I'm tired and don't feel like going out, I remind myself how much better I'll feel for it.' She credits her upbringing in Wales with giving her an enjoyment of exercise. 'We all had bikes and went for long walks at the weekends. Even in London, I walk loads - it's often quicker than getting on the tube.'

'Ballet moves keep my abs flat'

Alex isn't a fan of the gym, but she does love the ballet-inspired 'barre' workout. 'I started going to barrecore about a year ago. I went because I thought it was going to be like ballet, but it isn't really, although it uses the same muscles. I loved it anyway, though. You can actually feel it changing the shape of your body. Even after I'd only been to two classes I noticed the difference, especially in my abs and legs.'

Like most women, Alex finds fitting in exercise a challenge. Now in her fifth year of presenting BBC One's *The One Show*, she works full days five times a week, getting home late in the evening,

'I choose healthy swaps over diets'

'I don't think diets work for anyone. I try to have a balanced diet most of the time, and before an event or a holiday I might just be a bit more careful - for example, I'll have soup instead of a sandwich. I don't have a very sweet tooth, but at the weekend Charlie and I often have a takeaway pizza or a Thai meal. I like a glass of wine, but I don't drink during the week as it makes me feel a bit tired. And although I try to avoid bread most of the time, I do have lots of toast on Sundays!' >>



better ng!



'I don't think diets
work for anyone. I try
to have a balanced
diet most of the time'



Alex's healthy-eating mantra is to stick to natural foods as much as possible. 'I believe anything that comes out of the ground is basically good for you. I know people say fruit has lots of sugar, but it's also a natural food with lots of nutrients. I recently decided to get a Nutribullet so I could drink fruit smoothies, but it's taking a while to work out the right combinations!'

'Family comes first'

The presenter is close to her parents and younger sister, Jennie, who has two children. 'Friends and family are important to me and Charlie. We've been brought up in similar ways and have the same morals about things, which is important. Our mums are very similar. When I went to visit Charlie's parents in New Zealand for the first time, I saw his mum at the airport and from a distance she looked like mine. They even have the same sofa!'

Alex and her New Zealander fiancé are equally down-to-earth. Rather than hanging out at celeb parties, they're more likely to be found relaxing at home. 'During the week, to unwind at night we might have a nice supper and watch a documentary or a box set - at the moment we love *Scandal*. Charlie and I are really sociable and we always go out for meals with friends. He's obsessed with eating out - we have a book called *Where Chefs Eat*, so we're working our way through that, trying out different places.'

Alex's barre body-



» Demi-pliés

Place your fingertips on the back of a chair and stand with your legs shoulder-width apart, your feet turned outwards. Lift up

onto your tiptoes and hold for a count of three, then, still on tiptoes, lower into a squat. Hold for 30 seconds, then do 10 reps.

Main photos Dan Kennedy Other photo Joanne Davidson/The Picture Library Ltd Styling Kellie Daggett Hair & make-up Ali Dunwell, using Clinique Alex wears Main shoot - Amethyst swimsuit, £39, Motel (motelrocks.com); Board Slide Shorts, £50, sweatybetty.com; Adizero Adios Boost 20 trainers, £110, adidas (adidas.co.uk).

'I'm so excited about getting married'

Their upcoming wedding is, she says, a great excuse to get all the family together. 'Charlie and I aren't that organised, so my mum's doing a lot of the planning. We have set a date and we're looking at venues in Wales. In my heart of hearts, I know that's the right place for me to do it. My granddad died in March and my grandma is heartbroken, so I want her to be comfortable and not have to travel too far.'

Alex hopes she and Charlie will start a family soon. 'I always thought I'd have children, but I also recognise the fact that I've been really lucky to have the career I've had. It would be fantastic to have kids and hopefully we will. But if it doesn't happen, we'll be happy together anyway.'

'I love every day of my job'

Alex's enthusiasm for her work shines through. 'I absolutely love working on *The One Show*. Every day's different. And I have to do a lot of research, which I've always enjoyed. I'm so lucky.'

Surprisingly, though, she wasn't always sure she'd end up in front of the cameras. 'I secretly wanted to be on TV, but I was so shy I never

thought it would happen. I'm not massively confident and still find it daunting to walk into a room full of people I don't know. But I've learnt that you just have to be yourself in front of the cameras.'

'I keep my beauty regime simple'

Alex confesses to a lazy beauty routine in the past. 'I'd just use face wipes and a bit of moisturiser. I'm better now, though, and love the Ren range. In the 80s I used to go on girly holidays and use baby oil on my skin to tan, but my mum always told me to wear SPF on my face, and I'm grateful for that. She looked after herself well and she's passed it on to us. I always wear a bit of make-up. Blush is my big thing - I love Clinique blush in Aglow. That's come from my mum, too - if me and my sister looked a bit pale she used to put blush on us before we went to school!'

» *The One Show, BBC One, Mon-Fri, 7pm*



Alex with her fiancé Charlie Thomson

sculpting moves

» Single-leg hip raises

Lie on your back with both knees bent. Raise your hips off the floor, then lift one leg straight in the air and hold for 15 seconds. Switch legs and hold for another 15 seconds. Do five reps on each side.

FIRMS YOUR BUM

» Single-arm split pikes

Lie with your legs lifted 3ft off the ground and in a split position about 2ft apart. Place your right arm above your head and then, as you slowly lower it back to the side of your body, lift the left leg up to the ceiling.

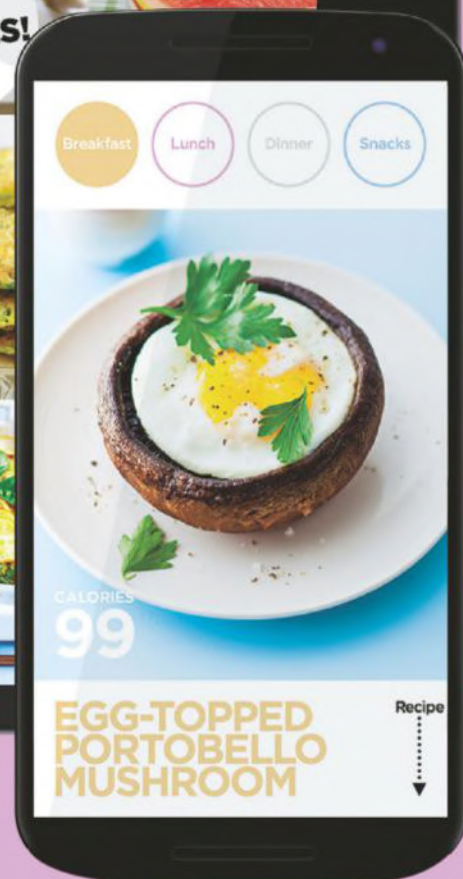
GOOD FOR FLAT ABS

Lower your leg, reach your arm back to start position and repeat on the right leg. Continue to alternate legs for a set of 30 reps, and then repeat holding your left arm above your head. Hold a 2kg weight for extra arm work.

5:2 COMPLETE MEAL PLANNER

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feel**better**FAST

Your holiday sleep fixes

Going away should be restful, but heat, jet lag and being out of your usual routine can all mess with your sleep. Dr Nerina Ramlakhan, sleep expert for Silentnight, explains how to get great shut-eye when you go away.

1 STAY HEALTHY ON THE WAY

Avoid drinking too much alcohol or coffee at the airport. Instead, drink plenty of water and take healthy snacks to eat on board, such as fruit and

oatcakes. This will stop you feeling sluggish.

2 STAY ACTIVE

Exercise helps you feel energised during the day and sleepy at bedtime, so look for opportunities to be active. Join in that yoga class, take a swim in the sea or hire a bike.

3 AVOID SIESTAS

It might be tempting to nap on the sun lounger, but it's better to stay in your usual sleep routine, otherwise you may find yourself wide awake at bedtime. If you feel drowsy after lunch, go for a walk along the beach instead.



Fight the frizz!

To nourish hair, Mark Woolley, creative director of Electric Hair, says: 'Apply a mask, pull your hair into a top knot and let the treatment work while you work out. The added heat helps the mask penetrate the hair cuticle.' Try Electric Intensive Treatment Masque, £23.50, electric-hair.com



Guilt free!

USN's Protein Mousse, £26.99, is the perfect post-workout treat. Just add water for a creamy mousse, high in protein and calcium, but low in sugar and fat-free. We love the Strawberry White Choc flavour.



GET IN THE SHADE

So you slap on SPF to protect your skin - but did you know the sun can damage eyes, raising your risk of cataracts and macular degeneration? Prevent it by wearing good-quality sunglasses that suit your face:

	OVAL OR OBLONG	HEART OR TRIANGULAR	ROUND	SQUARE
YOUR FACE SHAPE				
YOUR PERFECT PAIR	You can wear almost any shape, but avoid small, round frames, which can make your face look longer.	Pick frames with round or oval lenses to help balance your narrow chin.	Choose angular frames such as the retro cat-eye style, to help your face look slimmer.	Stay away from styles that reflect your face shape and instead go for aviator shades that soften your jaw line.

74%

OF WOMEN STRUGGLE WITH IRRITABILITY WHEN THEY HAVE PMS. WE FIND CHOCOLATE HELPS...



#fitandwellwisdom

Follow us on Twitter at @fitandwellmag for more words of wisdom. Or use the hashtag above to tweet your inspirations



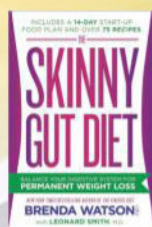
#FITANDWELLWISDOM 'I've got wrinkles on my forehead and smile lines, but what's wrong with that? I love to smile' Jennifer Aniston

The new **FLATTER TUMMY SECRET**

The latest way to shift pounds involves targeting bacteria in the gut. Try our plan to shift half a stone in a month!

Did you know that your gut's home to around 100 trillion bacteria? These play an important role in digestion, but can also dictate whether you pile on the pounds or stay lean. 'There are two main bacteria groups and your ratio of these determines whether you have a 'lean gut type' or an 'obese gut type', says Brenda Watson, author of *The Skinny Gut Diet* (Harmony Books). Unfriendly bacteria can make your body cling to calories, leading to weight gain. But

Brenda's diet plan boosts levels of friendly bacteria, helping you to get - and stay - slim.



Do you have too many bad bugs?

Your gut bacteria set up home in the early years of your life and can influence weight gain later on. You may have higher levels of unfriendly bacteria, if you:

- » Were born by Caesarean section
- » Weren't breastfed
- » Had several courses of antibiotics in childhood

THE DIET AT A GLANCE

Here are the general rules you'll be following on this plan

» **AVOID SUGAR**, which can feed friendly bacteria. This includes sugar hidden in sweet fruit, starchy veg like potatoes and parsnips, and also whole grains like rice.
» **STEER CLEAR** of gluten.
» **EAT PROTEIN** at every meal (including snacks) to curb cravings.

» **INCREASE HEALTHY OMEGA-3 FATS** found in oily fish, olive oil, coconut

oil, avocados and seeds.

» **HAVE A DAILY SERVING** of fermented foods rich in good bacteria - such as sauerkraut, live yogurt and tempeh.
» **DRINK AT LEAST 1.5 LITRES** of water each day.
» **EAT EVERY TWO TO THREE HOURS** to avoid

cravings.

» **EAT PLENTY OF FIBRE**, which helps fill you up and also encourages the growth of friendly bacteria. To get enough, eat lots of veg and low-sugar fruit (such as berries), and take a fibre supplement.
» **CUT OUT ALCOHOL** or reduce your intake to a glass of wine or a single measure of spirits twice a week.



THE GET-LEAN PLAN

BREAKFAST

TRY THESE IDEAS

- » A veggie omelette.
- » Rasher of bacon with scrambled eggs, plus grilled cherry tomatoes.
- » Plain live Greek yogurt with berries,

VEG EGG PATTIES

(serves 3)

QUICK RECIPE

In a bowl, whisk a large egg and add one grated courgette, one grated red pepper and half a chopped onion. Heat 3tbsp coconut oil in a pan over medium heat. Form the egg and veg mixture into three patties and place in the pan. Sauté for about 3 mins on each side until lightly browned.



LUNCH

TRY THESE IDEAS

- » Smoked mackerel fillet with raw sauerkraut and salad.
- » Scrambled egg with smoked salmon and half an avocado.
- » Cold cooked chicken breast with salad, dressed with olive oil.

TUNA SALAD

(serves 1)

QUICK RECIPE

Mix together one can of tuna (in water), drained, 1tbsp mayonnaise, 2 slices chopped Granny Smith apple, ½tsp celery seeds and freshly ground black pepper. Serve inside a lettuce leaf wrap.

DINNER

TRY THESE IDEAS

- » Chicken breast with sautéed courgette and onions, plus a salad of mixed greens.
- » Salmon with stir-fried vegetables.
- » Lean steak with steamed kale and asparagus.

CHICKEN ASPARAGUS

STIR-FRY (serves 1)

QUICK RECIPE

Heat a wok over high heat, add 1tbsp coconut oil, then add 1 crushed garlic clove, 1tbsp grated fresh ginger and 1 skinless chicken breast, sliced. Stir-fry until the chicken is sealed, then add



TIP

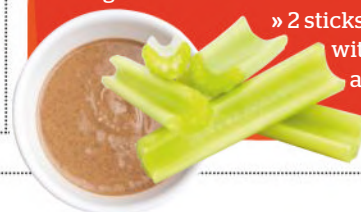
Boost your bacteria with a probiotic supplement that has at least 30 billion cultures

1 chopped shallot and a bunch of asparagus, trimmed and sliced. Stir-fry for another 2 mins, then reduce the heat and simmer for another 2 mins. Stir in 2tbsp tamari sauce and 60ml water, then simmer for another few mins until the chicken is cooked through. Toss in a small handful of slivered almonds, stir and serve.

SNACKS

You should have three snacks a day, a couple of hours after each meal. Try these:

- » Mixed berries with Greek yogurt and 4tbsp whipped cream (hint: this is a great one if you have sugar cravings).
- » Handful of nuts.
- » Baby carrot batons with houmous.
- » 2 sticks celery with almond butter.
- » Sauerkraut with roasted pumpkin seeds.
- » 3 small squares of Cheddar cheese with sliced cucumber.
- » 2 sticks celery with 2 slices smoked salmon.



Meet the GIRL

The This Girl Can ad encouraged women to exercise without fear of being

Do you remember the This Girl Can advert? Aimed at encouraging women to work out without caring what they look like, the campaign received a phenomenal response at its launch. It got everyone talking, including us, as it sums up the way *Fit & Well* sees exercise.

Back this summer, Sport England are hoping to inspire even more women, whatever their shape or size, to get active. Upload a photo and select your mantra through the new app, or snap up a limited edition This Girl Can T-shirt from M&S (£1 from every sale goes to projects helping women get active). Here, we meet three of the original TV stars...



» To find out more, visit thisgirlcan.co.uk or join in by tweeting a photo of your workout regime using #ThisGirlCan

'It doesn't matter what you look like'



Sam Mollaghan, 45, lives in Bournemouth with her husband, John, 47. She has three children.

I spent years comparing myself to other women, but when I saw myself running up a hill in the This Girl

Can advert, I wasn't thinking about whether my legs were wobbling or if my face was too red – all I felt was pride. And I promptly burst into tears.

Growing up, I'd loved gymnastics but, as I reached my teens, things like school, exams and boys got in the way. Then, after becoming a mum, exercising slipped even further down my list of priorities.

It was taking my son Alfie, then 8, to the park in August 2014 that changed things. He'd taken up running and,

spotting my trainers by the door, I decided to join in.

To be honest, maybe I shouldn't describe it as running – I certainly wasn't fast! But as worried as I was about not looking good or being able to keep up with other joggers, after managing 5K, I realised neither of those things mattered – I felt incredible.

Since then, I've joined a running group and we meet once a week in the park. It was there that I was approached about being in the advert. I agreed to take part because I wanted to inspire other women like me.

When I'm running I don't think about how long it takes me. Instead, I set little goals, such as being able to go a bit further each time. And instead of being embarrassed by my red face or how breathless I am, I see them as evidence of my achievements.

I'm no athlete and I'm not super fit, but I know I can do anything I set my mind to. And I will.



S WHO CAN!

judged. We meet some of the women who took part...

'Swimming became my release'



Val set up an outdoor swim group

Val Smith, 52, lives in Liverpool.

When the temperature is just about freezing, the last thing you'd want to do is jump into the River Mersey, right? Not me. Open-water swimming is my passion.

I wouldn't have done it without my mum, Doreen. She's always encouraged

me to keep fit. When she started forgetting things seven years ago, I knew what was to come. But still, the diagnosis was devastating.

As the Alzheimer's got worse, Mum became more and more frail and, as I'm her full-time carer, life became about liaising with district nurses and making sure she was OK. Sometimes at night I'd just sit hugging her - both of us trying not to cry.

Swimming became more than a hobby - it became my release. I set up The Mersey Mermaids, a group for open-water swimmers, and it gives me the freedom I need. Come rain or shine, twice a week I'm out there, jumping in one river or another, with the other women in the group. I even swim in the sea.

And all without a wetsuit!

I love challenging myself. Which is why, when the Mersey Mermaids were asked to take part in the advert, I didn't hesitate. Swimming doesn't just keep me fit, it keeps me happy.



75%
of women want to do more exercise, but say fear of being judged stops them.



'Doing something is better than nothing'

Kelly Stevens, 32, lives in Manchester with her three children.

We've all heard the advice - walk up the stairs instead of getting the lift and get off the bus a stop earlier. Up until 18 months ago, I didn't think such tiny changes would make a difference. But I'm proof that doing something - no matter

how small - is better than doing nothing.

When my partner and I split up in 2013, while I was on maternity leave, my confidence disappeared. I was desperate to shed the baby weight but, as a mum to three young kids, had no energy to go to the gym. I'd live in baggy clothes and sit on the sofa eating biscuits.

Then, a month before I was due back at work, I went clothes shopping. Guessing I'd gone up two sizes to a 16, I took an armful of outfits to the changing room, but not one fitted. I couldn't believe it - I was an 18. I had to do something.

That night, with the kids in bed, I streamed a 20-minute workout video on YouTube. By the end of it I was breathless. It was the start of the new me. I started eating healthily and whenever I had five minutes to spare I'd do sit-ups or star jumps. I even made it a family affair - when I put on an exercise DVD, the kids would get involved.

My hard work paid off when neighbours told me about the campaign and I was chosen to appear in the advert. Just doing bits of exercise has helped me get down to a size 10. And I hope it will have a positive effect on how my children view exercise - as fun rather than a chore.



Kelly has fun exercising with her kids



What's the best way to **sweeten up?**

Low-calorie sweeteners are meant to be the healthier option - but cyberspace is awash with scare stories. What's the truth?



SWEETENERS: THE FACTS

Q The health concerns are worrying - should I avoid artificial sweeteners?

A Artificial sweeteners have always been controversial, with stories linking them to everything from cancer to hyperactivity in kids. And the recent news that aspartame, one of the most widely used sweeteners, is being dropped from Diet Pepsi in the US sparked a new rash of fears. While Pepsi explained aspartame was being removed due to consumer preference - not safety concerns - conspiracy theories circulated. But in fact there's little

science behind the scare stories. Like all low-calorie sweeteners, aspartame went through years of research before it was made available, and there's actually no concrete evidence to link low-calorie sweeteners to serious health problems. Cancer Research UK state there's strong evidence that sweeteners are safe. That said, there are people who should probably avoid certain sweeteners. 'Some people with IBS find the polyol group of sweeteners, with the suffix -ol, such as sorbitol, may aggravate symptoms,' says dietitian Helen Bond. And everyone should stick to the recommended intake of the polyol sweeteners - having too much can cause diarrhoea.

Q I've heard that low-calorie sweeteners might lead to weight gain - is this true?

A Some recent research has suggested saccharin could affect levels of gut bacteria - and these changes have been linked with obesity and diabetes. There's also a theory that the sweet flavour of sweeteners leads your body to expect it's going to get something sugary, triggering the release of the hormone insulin - it's said this can lead to weight gain and cravings. But, according to the International Sweeteners Association, the bulk of evidence shows artificial sweeteners can help you stick to a low-cal diet and, unlike sugar, don't cause blood sugar highs and lows.

Q So how can choosing food and drink with added sweeteners help me lose weight?

A Low-calorie sweeteners aren't appetite suppressants or metabolism boosters. But if you have a sweet tooth and you're trying to shed pounds, they could help you shave off some calories. 'A teaspoon of sugar has 20 calories, whereas sweeteners are calorie free,' says Helen. 'If you have five teaspoons of sugar each day, you could end up gaining 11lb over a year from that alone.'

Ideally, we'd all just eat fewer sweet foods - but if you find that hard, replacing some choices with low-calorie sweeteners could help you get to a healthy weight, which in turn may help protect you from obesity-related conditions like heart disease. And because low-cal sweeteners don't cause blood sugar spikes, they can be good sugar alternatives if you have type 2 diabetes.

Q I don't like the idea of artificial sweeteners. Are there other options?

A Yes - the latest sweeteners are derived from plants, such as stevia, from the South American stevia plant. While stevia's from a natural source, though, it's still processed. Agave syrup, from the Mexican agave plant, is a more natural choice. It contains more calories per teaspoon than sugar, but because it's about one-and-a-half times sweeter, you use less, helping you cut your calorie intake.

DID YOU KNOW?

Swapping sugar for artificial sweeteners could save your teeth - they don't contribute to tooth decay in the way sugar does.

SWEET NOTHING?

ASPARTAME

Discovered in 1965, it's 200 times sweeter than sugar and is found in diet drinks. It breaks down in heat so can't be used in anything that needs lengthy cooking. Find it in Canderel.



SACCHARIN

First produced in 1879 in the US, saccharin is commonly found in diet drinks, low-calorie sweets and even toothpaste and lipgloss. It's 300-400 times sweeter than sugar.



SUCRALOSE

Up to 1,000 times sweeter than sugar, sucralose, which is sold as Splenda, passes through your body without being broken down for energy. Good for jam-making and baking.



STEVIA

One of the newer plant-derived sweeteners, stevia (found in Truvia products) is 400 times sweeter than sugar so the amount you use is calorie-free. Can be used for cooking.



SORBITOL

Used in toothpaste, chewing gum and a range of foods, any product that is made up of more than 10% sorbitol has to carry a warning as, in large amounts, it can cause diarrhoea.



Sugar swaps

Don't reach for the sugar bowl, try these alternatives...



» **BEST FOR SPRINKLING OVER CEREAL AND FRUIT**
Truvia, £4.99 for 270g jar.

» **BEST FOR ADDING TO HOT DRINKS**
Canderel, £2.93 for 300 tablets.



» **BEST FOR COOKING AND BAKING**
Splenda Granulated, £2.78 for 75g.

Bikini Body

BLAST

Want a beach-ready bod that will last? Fitness guru Jessie Pavelka reveals the all-over 30-minute workout that will keep you looking and feeling fit all year round

For Jessie Pavelka - host of *The Biggest Loser* and owner of (we think you'll agree) a rather impressive bod - getting into shape isn't just about looking good on the beach. 'After bikini season most people stop caring and stop exercising. You need to look past that short-term goal and focus on your long-term health and fitness - after all, you not only want to look good, but feel good, too.' So keep that workout going after you return from your hols.

To help you out, Jessie has produced a killer exercise routine exclusively for *Fit & Well*. It will whip your entire body into shape and have you oozing confidence in no time. So, what are you waiting for..?

#FIT IN
30
minutes



Your **30 minute** Body Blast Plan



Your trainer
Jessie
Pavelka

Merging multiple disciplines into one workout - including cardio, strength and compound moves - is the most effective way to hone your body in record time. 'Each exercise targets a different area of your body, helping to shape up your exterior and provide a strong mental and physical core,' says Jessie. As the body tends to rise to new challenges, you should see results fast.



EXERCISE	REPS	TONING TARGET
Arm circles (both directions)	x10 (both directions)	Shoulders and traps (sides)
Torso rotation	x10 (each side)	Abdominals, shoulders, back and chest
Jog on spot (normal stance)	30 seconds	Hamstrings, quads, glutes and calves
Jog on spot (wide stance)	30 seconds	Hamstrings, quads, glutes and calves
Jog on spot (normal stance)	30 seconds	Hamstrings, quads, glutes and calves
Jog on spot (wide stance)	30 seconds	Hamstrings, quads, glutes and calves
Penguin (touch toes side to side)	x20, repeat 4 or 5 times	Abdominals
Shadow boxing	30 seconds on/ 30 seconds off	Shoulders, back, arms and core
Bulgarian lunge	x10, x8, x6, x4, x2 (each side)	Hamstrings, quads, glutes and core
Press up into rotation	x10 (each side)	Triceps, deltoids, traps, pectorals, lats, abdominals and glutes
Jump, jump squat with double punch	30 seconds on/ 30 seconds off, repeat x3	Hamstrings, quads, glutes, shoulders, back, arms and core
COOL DOWN		
Jog on spot (wide stance)	30 seconds	
Jog on spot (normal stance)	30 seconds	
Jog on spot (wide stance)	30 seconds	
Jog on spot (normal stance)	30 seconds	
Arm circles	x10 (both directions)	
Torso rotation	x10 (each side)	

JESSIE'S GET FIT TIPS

» **Move every day**, whether it's a brisk walk or a HIIT training class, it's key to staying fit and healthy.

» **Looking ahead to a big final goal** (for example, losing a stone) can be daunting and might put you off. Break it down into smaller chunks and focus on achieving your goal for each day.

» **Keep telling yourself that you hold the power.** If you feel in control, you're more likely to make the right decisions and keep persevering.

» **Resistance training** is the perfect toning tool, while interval training will keep your metabolism working throughout the day. Try a bit of both.

» **Cool downs are really essential.** They help your body recover and help you reflect on what your body's just achieved.

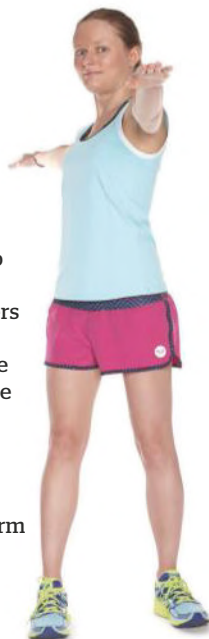
» Arm circles

- » Lift both arms up and out to the sides, so they're parallel to the floor.
- » Breathe in as you circle your arms up and out as they come back around.



» Torso rotation

- » Lift both arms up in front of you.
- » Keeping shoulders and feet facing forwards, breathe in. As you breathe out, horizontally rotate your right arm behind you.
- » Breathe in again and bring your arm back to the front.
- » Repeat on the other side.



» Penguin

- » Lie on your back, knees bent, feet flat on the floor and arms down by your sides.
- » Contract your abs to raise your shoulders off the floor. Hold this position throughout.
- » Reach your right hand towards your right ankle, then return to centre position. Repeat with left hand and left ankle.
- » Look up so you don't strain your neck.



» Shadow boxing

- » Stand with one foot in front of the other to form a stable base.
- » Bring your hands up in front of your face, as if you're guarding it.
- » Punch alternately out in front of you, at head height.



TIP

Make sure your front knee doesn't go over your toes

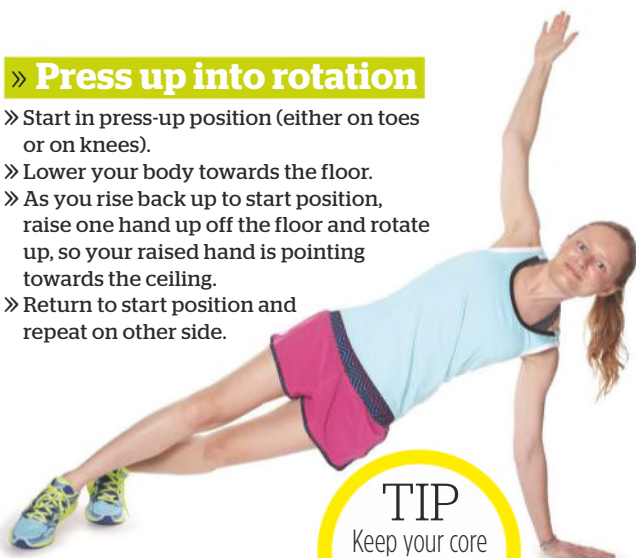


» Bulgarian lunge

- » Stand with a chair behind you and the front of your left foot resting on the seat, with your right leg extended out in front of you into a lunge.
- » Keeping your head and chest up, slowly lower your body so your rear knee almost touches the floor (most of your weight should be on your front leg).
- » Push through your right heel and return to start position.
- » Repeat on the other leg.

» Press up into rotation

- » Start in press-up position (either on toes or on knees).
- » Lower your body towards the floor.
- » As you rise back up to start position, raise one hand up off the floor and rotate up, so your raised hand is pointing towards the ceiling.
- » Return to start position and repeat on other side.



TIP

Keep your core tight through the exercise

» Jump, jump squat with double punch

- » Starting with your feet together, complete two small bounce-like jumps. On the second landing, with your feet wider than shoulder-width, complete a deep squat.
- » Extend both arms and punch out in front.
- » Push through your heels to return to the start position.



Fashion * Beauty Diets * News * Food



Every Tuesday in
Woman magazine
womanmagazine.co.uk

woman
IT'S FOR
WOMEN
NOT
GIRLS

Build the perfect

FRUIT SALAD

Nutritional health coach Madeleine Shaw creates the ultimate summer treat

How?

Add a handful of fruit from each section. Stir in syrup or honey, then top with the yogurt, nuts and herbs.

STOMACH-SOOTHING HERBS

Herbs can work brilliantly in a fruit salad and have body benefits to boot.

TRY A few torn mint leaves, which can help reduce bloating, or basil, which has been shown to help ease IBS symptoms.

FIGURE-FIXING FATS

Avoid sugary, low-fat yogurts. Full-fat natural versions will help control your weight by filling you up without spiking your blood sugar.

TRY A dollop of natural yogurt, goats' yogurt or dairy-free coconut yogurt.

DIGESTION BOOSTERS

Antimicrobial fruits improve digestion by gobbling up the unfriendly bacteria in your stomach.

TRY Chopped papaya or grapefruit.

NUTRIENT-PACKED DRESSING

For an extra sweet treat that also packs a health punch, stir in a healthy homemade syrup.

TRY Energy-boosting date syrup, which is rich in heart-healthy potassium. Soak a small cup of dates in water for an hour, then blend with a little more water (keeps in the fridge for a week).

PRE-HOLIDAY SUPERCHARGERS

Stay well all summer by bolstering your system with vitamin C-packed fruit.

TRY Chopped kiwi fruit, cantaloupe melon or mango.

HIGH-QUALITY PROTEIN

Give your salad staying power by including a source of protein to slow the absorption of fruit sugar and provide a steadier energy release.

TRY A small handful of flaked almonds, crushed pistachios or walnuts.

ANTIOXIDANT-RICH BERRIES

Protect your skin from free radical damage caused by pollution and the sun's rays by going big on antioxidants.

TRY Strawberries, raspberries or blueberries.



#fitandwellfood



What combo will you go for? Use this hashtag to share snaps on Instagram @fitandwellmagazine



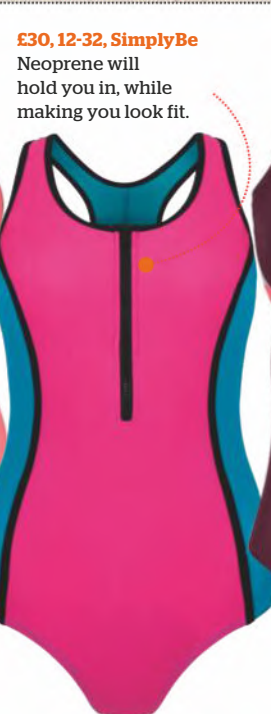
£17.99, xs-xl, Kiefer Go-faster stripes to help you feel at ease in the fast lane!



£55, 6-16, Chiemsee at Swimwear365 The perfect two-piece for beach sports.



£19.99, 6-16, H&M A high neck is ideal for keeping your bosom in place.



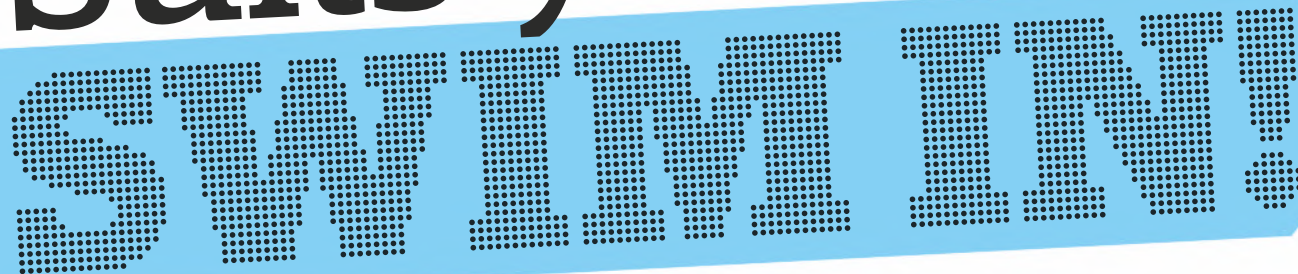
£30, 12-32, SimplyBe Neoprene will hold you in, while making you look fit.



£70, xs-xl, Sweaty Betty Mesh panelling and cut-away sides for a high-fashion fix.

TIP
Thicker straps and fuller briefs are best for swimming

Suits you can



For swimwear that looks fab but is also comfy enough to get fit in, look no further...



£10, 8-18, F&F If you're a keen swimmer, try this practical suit.



£50, 6-16, Roxy Made for surfing and outdoor pursuits.



£29.50, 6-20, M&S Collection Great for swimming lengths, but it wouldn't look out of place at the beach.



£33.99, xxs-xxl, Slazenger Look out for double-layer swimsuits to protect your modesty.



£34.99, 10-22, Zoggs Crossbacks make swimming easier - no fiddly straps to deal with.

TIP
Bold panels and colour blocks will slim your shape



£64, 8-18, Phase Eight
If you have a long body shape, try a tankini.

£14.99, 8-18, Speedo at Get The Label If you're serious about swimming, this is your go-to brand.



£43, 8-20, John Lewis The discrete rubber grip stops the bra slipping down.



£75, xs-xl, Adidas by Stella McCartney A stylish addition to any swimmer's kit bag.



£40, 8-18, White Stuff Higher waist briefs make this great for the sea.



£69.95, 10-20, Lands' End
The cord under the bust holds everything in place.

Words and styling Sharna Newton



Tankini, £24, 8-22; jewellery from £4, all BHS

Yes you can get a HEALTHY TAN

Let's face it, we all want a glow in the summer. Here are the dos and don'ts of staying safe in the sun

MEET YOUR SUNSCREEN

SUN LOTION

Soltan Once 8 Hr Sun Protection Moisturising Suncare Lotion SPF30, £10/200ml

UVA STAR RATING

The protection against UVA rays, responsible for skin ageing. The number of stars (out of five) is given relative to the UVB protection - so a low SPF with five stars gives lower UVA protection than a high SPF with five stars.



WATER RESISTANCE

A sunscreen labelled 'water resistant' can stand up to two moderate sessions in water - but up to 85% of it can still be rubbed off when you dry yourself.

SPF

The level of protection against UVB rays that can cause burning. SPF 6 and 10 offer low protection, SPF 15, 20 and 25 medium, and SPF 30 and 50 high.

DO...

» **Apply sun lotion 20 minutes before you go outside.** This gives the cream time to settle into your skin, plus it's easier to apply it thoroughly when you're indoors, taking your time and making sure you don't miss any patches.

» **Always wear SPF30 or above** (see Meet Your Sunscreen) if you have a fair to medium skin tone. Don't worry, you'll still get a glow!

» **Use enough.** SPF's are based on using six full teaspoons of cream to cover the entire body - use less and you'll reduce the amount of protection you're getting.

» **Reapply every couple of hours,** or after swimming.

DON'T...

» **Kickstart your tan** with some sunbed sessions before your hols. The UV rays have been shown to be more dangerous than the midday sun.

» **Roast yourself all day.** You should spend time in the shade between 11am and 3pm, when the sun's strongest.

» **Let yourself burn.** Any redness is serious damage, not a precursor to a tan.

» **Just rely on SPF.** Protect your skin with clothing, a hat and sunglasses, too.

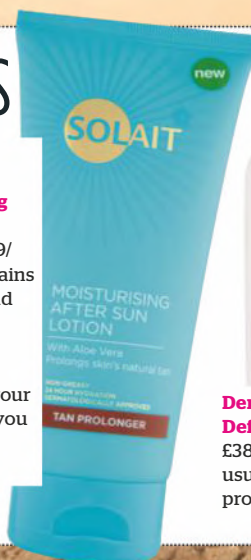
OUR SUN-SAFE PICKS

Advanced Nutrition Programme Skin Defender, £36.55/60 capsules, advanced nutritionprogramme.com.

Includes vitamins C and E, and minerals selenium and zinc, which help support your skin from the inside out.



Solait Tan Prolonger Moisturising After Sun Lotion, £4.99/200ml. Contains vitamin E and cucumber extracts to soothe and moisturise your skin, giving you a smooth, lasting tan.



Dermalogica Solar Defense Booster SPF50, £38.90/50ml. Add to your usual moisturiser for extra protection when needed.



Clarins Delectable Self-Tanning Mousse SPF15, £22/125ml. A sun-protection lotion, tanner and moisturiser in one.



Nivea Sun Protect & Bronze SPF30, £8/200ml. Helps boost your body's melanin production, so you tan evenly while staying protected.

4 surprising reasons why the sun is good for you

The UK has an epidemic of vitamin D deficiency, with around 90% of us thought to be missing out. 'We're discovering vitamin D has a role in protecting against an endless list of diseases - not just cancer, diabetes, osteoporosis and MS, but also the common cold and flu,' says Dr Elina Hypponen, an epidemiologist at the University of London and a leading expert on vitamin D deficiency. Getting enough sun can have a range of benefits - here are some you may not be aware of...

1 IT HELPS YOU SHIFT WEIGHT

We make more of the happy hormone, serotonin, in sunny weather. Serotonin's a natural appetite suppressant, so getting out in the sunshine can help you make healthier food choices.

2 IT LOWERS YOUR CANCER RISK

Yes, over-exposure can raise your risk of skin cancer, but moderate amounts of sunshine can cut your risk of other forms. At least 13 cancers, including breast, colon and prostate cancer, have been linked to low vitamin D levels.

3 IT BOOSTS FERTILITY

A review of studies found vitamin D is essential for balancing hormones in both men and women, and may therefore play a role in fertility. It's also now known vitamin D is important in pregnancy.

4 IT PROTECTS YOUR HEART

A raft of studies has shown people with a vitamin D deficiency are at higher risk of strokes and heart attacks. Scientists think vitamin D might help in

several different ways, for example by lowering inflammation and preventing thickening and hardening of the arteries.

Try a supplement

If you always wear sunscreen or don't get outside much, it's worth taking a vitamin D supplement. Try Vitabiotics Ultra Vitamin D, £5.10/96 tablets.

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Four smart SMOOTHIES

Need a quick health fix? Blend up one of these vitamin-packed drinks



THE FAT ZAPPER

For a smoothie that's filling without many cals, blitz ingredients that are high in fibre, such as berries, with protein-rich yogurt and cinnamon to balance blood sugar and reduce cravings. The matcha can help burn fat.

- » 1 handful of strawberries
- » 1 handful of raspberries
- » 2tbsp natural yogurt
- » ¼tsp matcha powder
- » ½tsp cinnamon
- » 1 glass of water

Chill!

Add a few ice cubes to the blender for a thick and cooling summer smoothie



THE ENERGY BOOSTER

Banana, which is high in fibre and potassium, gives you a quick vitality lift, while spinach and sunflower seeds contain minerals vital for energy production.

- The green tea contains enough caffeine to put a spring in your step, without making you feel jittery.
- » 1 ripe banana
- » 2 handfuls of spinach
- » 1 glass of cooled green tea
- » 1tbsp sunflower seeds
- » 1tsp runny honey



THE STRESS BUSTER

The B vitamins and the mineral magnesium - found in leafy green veg and avocados - are essential for helping your body cope with demanding times, while cacao and blueberries are high in antioxidants to give your immune system a boost.

- » Handful of blueberries
- » Half an avocado
- » Two handfuls of baby spinach (or kale)
- » 1tbsp raw cacao powder
- » 1 glass of coconut water



THE SLEEP INDUCER

Dates, bananas and almonds are all rich in the amino acid tryptophan, which helps lull you to sleep.

- » 1 ripe banana
- » 3 dried Medjool dates or 6 smaller dates
- » 1tsp almond butter
- » 1 glass of almond milk
- » Pinch of cinnamon

#fitandwellfood



Love making smoothies? Use this hashtag to share snaps on Instagram @fitandwellmagazine

Oops!

I forgot to diet...

Is that you? Well, don't worry, because we have all the fast beach body fixes you need to look and feel fab on your hols

Even if you've only got a week to go, there are clever ways to quickly slim down. These tricks aren't about long-term weight loss - they're cheats that help you lose fluid, rather than fat, making you look leaner - but if you haven't got much time, they can help you feel more confident in your bikini.

3 WAYS TO LOOK SLIMMER NOW!

1 Sort your posture

Poor posture can give you a pot belly. Standing properly can help draw in your waist and push out your bust and bum, giving you an instant hourglass figure. Make sure you always lift your head and pull your shoulders back. For long-term figure-fixing, try Pilates, which is great for improving your posture.

2 Cheat gym-bunny muscle tone

Highlighting more muscular parts can help you look firmer and tauter. Take a shimmering highlighting oil, like Nars Body Glow, £45, and stroke it across your collarbone and down the fronts of your arms and legs. If you're a fake-tan master, you could also try this - apply a light to medium base tan, then use a darker shade for the contour areas.



3 Wear a figure-hugging swimsuit

YOUR FIGURE	BOYISH	CURVY
YOUR FIX	A bikini with details like ruffles or big patterns will emphasise bust and hips.	A retro-style bikini or one-piece will hold you firm and flaunt your shape.
YOUR FIGURE	PEAR	APPLE
YOUR FIX	Draw attention away from your thighs with detailing around the bust or waist.	Choose a one-piece with a control panel to flatten your stomach.



EASY BEACH BODY tricks!

FLAT-TUM TRICKS



» **Beat bloating with probiotics.** If you have lots of unfriendly bacteria in your gut, you may have difficulty digesting food, leading to excess wind. Probiotics can help restore the balance. Try Viridian Synbiotic Daily, £8.10/30 caps.

» **'As the first stage of digestion** begins in the mouth, instead of bolting your food down, aim to have chewed it into a liquid mush before

swallowing it,' says Holland & Barrett nutritionist Kate Butler.

» **Peppermint oil capsules** help soothe your digestive system, flattening your tummy. Try Boots Peppermint Oil Capsules, £6.49/60 capsules.



» **Load up on soluble fibre,** found in certain foods including oats and linseeds. This helps keep your digestion moving efficiently without causing bloating.



That's clever!

Half a teaspoon of cayenne pepper added to meals ramps up calorie burn and lowers appetite for sweet, fatty foods.

YOUR BIKINI-FRIENDLY EXERCISE UPGRADES

FOR YOUR STOMACH

» **AB CRUNCHES** will help you flatten your tummy. Do three sets of 10.

» EXERCISE UPGRADE

Do them with your feet off the ground. It makes the exercise tougher. Also, add in some oblique crunches, twisting to the sides, to work the muscles to the side of your waist as well.

FOR YOUR THIGHS

» **LUNGES** are your friend when it comes to lifting your bum and buttocks. Do three sets of 10 on each leg.

» EXERCISE UPGRADE

Hold weights by your sides to give yourself some extra work.



FOR YOUR SHOULDERS

Strong shoulders draw attention away from a wobbly tum or bum.

» **CHEST PRESSES** build the muscles at the front of your shoulders, going into your chest. Use the chest-press machine in your gym, or lie on a bench, weights held above you with straight but soft arms. Bring the weights down, bending your elbows out to the side, then push the weights back up above your head. Do three sets of 10.

» EXERCISE UPGRADE

Lie on a Swiss ball - you'll need to keep yourself steady, which works your core as well.

THE ONE THING... I do to shape up fast



'I love a Shrinking Violet Body Wrap. Even if I don't lose inches, it improves the look of my skin.' *Libby Redpath*



'A tan works wonders, plus I drink loads of water and eat lots of fruit and veg.' *Vicki Harvey Bevan*



'I swear by Shaun T's HIIT training - and drink loads of water.' *Tracy Hutchins*

'Hockey helped me shed three dress sizes'

The team sport provided single mum Sandra Earley, 39, with fitness and friendship when she needed it most



'I turned to food to comfort me through anxious periods'

When I was a child, I was fairly active and, as an adult, I stayed around the 10st mark, even after having my three kids. But in 2007 I was told some devastating news that caused my world to unravel. My baby, Maggie-Mae, was diagnosed with a rare bowel disorder.

Over the next few years my wellbeing took a backseat.

I juggled hospital stays and operations with my other duties as a single





'I now play in a competitive hockey league'

SANDRA'S WEIGHT LOSS

Before	After	Loss
Weight		
13st 7lb	10st	3st 7lb
Dress size		
16	10	3 sizes

working mum. Exercise went out the window and I either tucked into hospital meals or wolfed down fast food at the end of a long and tiring day. Slowly the pounds started to creep on, but I didn't care - there were more important things to focus on.

In 2010, I was dealt another devastating blow. Doctors discovered my middle daughter, Megan, had kidney cancer. I gave up my job to become a full-time carer and focused all my time and energy on helping both of my daughters make a full recovery. I was stressed and exhausted, and turned to food to comfort me through particularly anxious periods. While waiting for test results, I would often bide my time by snacking on crisps and chocolate.

By 2012 I had put on 3st 7lb.

It was only as my children recovered that I registered my weight gain. I was shocked - I didn't recognise the person staring back at me in the mirror. I avoided having photos taken and felt awkward on nights out with my slim friends. It was so upsetting buying larger sizes when I could no longer squeeze into my clothes. How could I take care of my children and be a good role model to them in this state? I needed to get fit and healthy and lose weight.

In September 2012, I heard about Back To Hockey courses at my local club.

I'd played the sport at school, but I hadn't picked up a hockey stick in 20 years. I was petrified heading to that first session. I worried that I'd be the older overweight lady in a team of young, fit athletes and that I'd struggle to keep up. But when I arrived, I met women of all ages, shapes and sizes,

and immediately felt welcome. Everyone was there to get fit and have fun.

Exercising for the first time in years was a shock to the system. After running a warm-up lap of the field, I thought I was going to collapse. But I knew I had to persevere. Plus, knowing a team is relying on you to show up every week is a great motivator. It took several months for my fitness to improve, but by the following spring I was playing 70-minute matches in a competitive league. It felt amazing.

The weight started to fall off, too. By the summer I'd dropped two dress sizes, which gave me the buzz to push myself even further. So I signed up to a running club and I also overhauled my diet. My youngest daughter was prescribed a refined carb-restricted diet to boost her energy and reduce bloating, so I gave it a go, too. I swapped unhealthy takeaways for a balance of fruit, vegetables, meat and complex carbs.

HAVE A GO...

WHAT TO EXPECT Back To Hockey is run by England Hockey. It offers 90-minute sessions that teach basic skills in a friendly environment and they also organise matches.

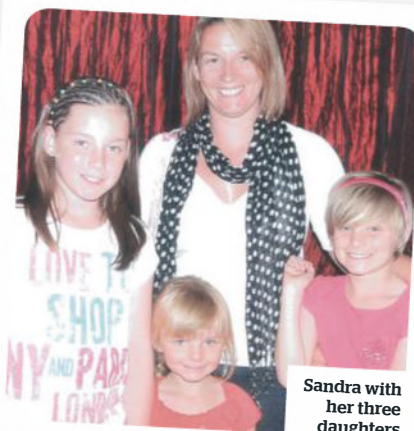
WHAT ARE THE HEALTH BENEFITS? Hockey improves cardiovascular health and tones up your legs, bum and tum. Plus, you'll burn around 500 calories an hour. Team sports are also great for your mental wellbeing, while teammates can be the ultimate motivators.

It hasn't all been plain sailing.

I know that food is still my weakness when I'm stressed. Last summer, I found myself drowning my sorrows with a *Prison Break* DVD marathon and a tub of Häagen-Dazs after a relationship break-up. Thankfully, my supportive friends were there to remind me how far I'd come and urge me not to give up.

Hockey has been my solace.

It has given me my body back - I'm down to 10st and a size 10. It's also given me confidence - I love going out with my friends now and showing off my toned legs. I've also met some wonderful ladies and even a new best friend. But, most importantly, it's allowed me to be a healthy and happy mum and a brilliant role model to my three daughters.



Sandra with her three daughters

WHO CAN DO IT? Anyone of any age - you just need a 'can do' attitude.

WHERE CAN YOU TRY IT?

Visit englandhockey.co.uk and click on 'Back To Hockey' to find a session at a club near you. Don't worry if it's already started, as you'll still be welcome.

Find your style, shop the look



BROWSE HUNDREDS OF ROOMS FOR INSPIRATION



FIND STYLE IDEAS



SHOP THE LOOK



*the***ROOM***edit.com*

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Eat well!

Healthy » Fast » Delicious!

23

good-for-you food ideas

Filling summer dinners



⌘ Cheeky Moroccan chicken & veg roast dinner

Low-carb lunches



⌘ Crayfish & cucumber protein pot

Low-cal sweet treats!



⌘ Low-fat lemon, yogurt & raspberry cake

» We help you choose the healthy option, whatever your diet

Low cal

Mains under 500
Snacks/desserts under 150

Low fat

Under 14g of fat for main meals

Low sugar

Less than 5g of added sugar per serving

Low salt

Contains 1.5g of salt or less per serving

High protein

At least 20% of cals come from protein

High fibre

6g (or more) of fibre per portion

Low sat fat

Less than 3g of saturated fat per serving

Gluten free

Contains no gluten products

2

The portions of fruit and/or veg per serving

#InstaSlim

» Easy low-cal dinners all under 450 cals



Speedy slimline tomato, mozzarella & basil lasagne

YOU WILL NEED

- » 1tbsp olive oil
- » 1 garlic clove, crushed
- » 400g can tomatoes
- » Splash balsamic vinegar
- » Handful basil, torn, plus extra to garnish
- » 150g fresh cherry tomatoes
- » 9 lasagne sheets
- » 250g light mozzarella, torn

- » 20g chunky breadcrumbs, toasted
- » 20g Parmesan, grated

WHAT TO DO

- 1 Warm the oil and garlic in a pan, add the canned tomatoes, vinegar and basil, and simmer for 10 mins. Add the cherry tomatoes and

cook for a further 5 mins.

- 2 Cook the lasagne in boiling salted water for 8 mins, until tender.
- 3 Layer up 3 lasagne sheets each with the cherry tomato sauce and torn mozzarella pieces, then sprinkle over the breadcrumbs and Parmesan.

1 **Low fat**

300 calories
12g fat (6g sat)
41g carbs

Prep time **10 mins**
Cooking time **15 mins**
Serves **4**

Oh-so-easy bacon & pea risotto



Gluten free

Low sat fat

424 calories
11g fat (2.5g sat)
58g carbs
 Prep time **10 mins**
 Cooking time **25 mins**
 Serves **6**

YOU WILL NEED

- » Few squirts Frylight olive oil
- » 200g lardons or bacon bits
- » 1 onion, chopped
- » 2 garlic cloves, crushed
- » 400g risotto rice
- » 1-1.2 litres gluten-free vegetable stock
- » 1tsp thyme leaves
- » 200g frozen soya beans
- » 200g frozen peas
- » 25g Parmesan, grated

WHAT TO DO

- 1 Squirt a large non-stick pan with the Frylight, then cook the lardons

or bacon bits for a few mins to lightly brown.

2 Add the onion and cook for a few mins to soften.

3 Stir in the garlic and rice; cook for 1 min. Pour in half the stock, add the thyme leaves and soya beans, then cook, stirring from time to time, for 10 mins.

4 Gradually add the rest of the stock, stirring from time to time until the rice is tender with a saucy consistency.

5 Add the peas, cook for 1 more min. To serve, stir in the Parmesan and season.

Light n' lovely smoked haddock & leek pie

YOU WILL NEED

- » 1 leek, sliced
- » 400g frozen, skinless smoked haddock fillet
- » 500g frozen, skinless cod fillet
- » 450ml semi-skimmed milk
- » 3tbsp thickening granules
- » 4 splashes Tabasco
- » Small bunch basil
- » 50g lemon & pepper breadcrumbs
- » 1 lemon, sliced
- » 1tbsp olive oil

WHAT TO DO

- 1 Heat oven to 200C, gas 6. Put the leek into a bowl with 2tbsp water. Cover with clingfilm, pierce and microwave for 5 mins.
- 2 Put the fish into a frying pan with the milk. Season, cover and simmer for 5 mins.
- 3 Lift the fish from the milk and put into an ovenproof dish with the drained leeks. Add thickening granules and Tabasco to the milk; heat until thickened.
- 4 Sprinkle basil over the fish, add the sauce, then the breadcrumbs and lemon, and drizzle with oil.
- 5 Bake for 20 mins until pale golden. Finish with a few basil leaves to serve.



Low sat fat

Low fat

232 calories
5.2g fat (4g sat)
14g carbs
 Prep time **20 mins**
 Cooking time **50 mins**
 Serves **6**

Dieters' BBQ salmon medallions with roasted asparagus



High protein

1

250 calories

17g fat (3g sat)

1.5g carbs

Prep time **10 mins**

Cooking time

15 mins

Serves **6**

YOU WILL NEED

- » 600g skinless salmon fillet
- » 1tbsp dill, chopped
- » 2 limes
- » 3tbsp olive oil
- » 500g asparagus, trimmed

WHAT TO DO

- 1 Cut the salmon into 6 long thin strips and season. Twirl each strip up to make a round and secure with a cocktail stick.
- 2 Put the salmon into a dish, sprinkle with dill, squeeze over the juice of 1 lime and drizzle with 2tbsp olive oil.
- 3 Put the asparagus into a dish, drizzle with remaining olive oil and turn to coat.
- 4 Barbecue the salmon for 5 mins each side. Cut the remaining lime into wedges and cook for 30 seconds.
- 5 Char-grill the asparagus for 4 mins, until just tender. Serve the salmon with the asparagus and lime wedges.

Pastry-free spinach, feta & olive quiche

YOU WILL NEED

- » 1 red onion, sliced
- » 1tbsp light olive oil
- » 80g bag baby spinach
- » 200g pack feta, cubed
- » 50g pitted black olives, halved
- » 6 large eggs, beaten

WHAT TO DO

- 1 Heat oven to 180C, gas 4. Gently fry the onion in the oil for 5-7 mins, to soften. Turn off the heat, add the spinach to the pan and stir until it starts to wilt.
- 2 Spoon the onion and spinach into a 20cm round, solid-based sandwich tin, buttered and lined

- with baking parchment .
- 3 Add the feta and olives, and stir to mix up slightly. Season the beaten eggs well and pour over the vegetables.
 - 4 Bake for 20-25 mins, or until just set. Cut into wedges to serve.

Gluten free

224 calories

18g fat (7g sat)

2.4g carbs

Prep time **15 mins**

Cooking time

25 mins

Serves **6**



Cheeky Moroccan chicken & veg roast dinner



YOU WILL NEED

- » 5 sweet potatoes, quartered
- » 1 red onion, quartered and sliced
- » 4 courgettes, sliced
- » 4 chicken breasts on the bone
- » 2 garlic cloves, crushed
- » 4tsp harissa paste
- » 2tbsp coriander leaves
- » 2tbsp olive oil

WHAT TO DO

1 Heat oven to 210C, gas 7. Take a very large roasting tin - or use 2 - and tip in the sweet potatoes, onion and courgettes.

2 Add the chicken, pierce the flesh several times, season generously with salt and freshly ground black pepper, add the crushed garlic and spread over the harissa paste.

3 Sprinkle the chicken with the coriander leaves and drizzle with the olive oil. Roast for 15 mins, then turn the sweet potatoes, onion and courgettes as needed and cook for 15 more mins, until the chicken juices run clear and the vegetables are tender.

Low
sat fat

2

441 calories

8g fat (1.5g sat)

53g carbs

Prep time **15 mins**

Cooking time

30 mins

Serves **4**

All-in-one sausage, squash & spud roast

YOU WILL NEED

- » 8 gluten-free sausages
- » 350g prepared squash
- » 500g mini new potatoes, cut in half
- » 1tbsp oil
- » 2tsp paprika
- » Zest 1 lemon
- » 3tbsp half-fat soured cream
- » Few basil leaves

WHAT TO DO

1 Heat the oven to 200C, gas 6. Arrange the sausages, squash and mini new potatoes in a large roasting tin and toss in the oil, paprika and lemon zest. Season with salt and pepper and roast for 30 mins, tossing well halfway through.

2 To serve, dot the soured cream around the tin and scatter with the basil leaves.

Gluten
free

2

432 calories

26g fat (9g sat)

33g carbs

Prep time **15 mins**

Cooking time

30 mins

Serves **4**



Why are almonds a diet superfood?

» Nuts often get a bad press, but almonds are a slimmer's secret weapon...

What's so good about them?

- » Great source of protein
- » Best nut for vitamin E
- » Boosts good bacteria
- » Helps lower blood pressure
- » Raises levels of good cholesterol
- » Good source of fibre
- » Stabilises blood sugar levels
- » Supports weight loss
- » Source of calcium
- » Eating whole almonds with skins as a mid-morning snack can help

stop hunger pangs, so you eat less calories later in the day and lose weight. A new study found that almonds also reduce cravings for salty, fatty and sweet foods.

» A handful of 25 almonds provides 180 calories, 6g protein and around a third of your fibre intake for the day, so they won't sabotage your diet. In fact, those who eat 16g almonds a day are less likely to become obese.

WE LIKE...

KTC Almond Oil, £2 for 300ml, Tesco

Use for frying, cakes and salad dressings. It's high in mono unsaturated fats, which makes it good for your cholesterol



Easy almond ideas

» FOR BREAKFAST

Bircher porridge Mix 50g porridge oats, a pinch of cinnamon and 125ml almond milk in a bowl, cover and leave overnight. To serve, top with 1 sliced apple, a small handful blueberries, 1tbsp Greek yogurt, 1tbsp almond flakes, toasted, and 1tsp runny honey

» HEALTHY DRINK

Berry & almond smoothie Put 50g

frozen tropical fruit into a blender with 1tsp coconut oil, ½tsp Truvia and 300ml almond milk. Blitz to mix.

» LUNCHTIME SALAD

Prawn & avocado salad with almond lemon dressing Pour 2tbsp almond oil in a jar, add 1tsp grainy mustard, ½tsp runny honey and 1tbsp lemon juice. Shake to mix. Drizzle over 150g watercress,

150g prawns and 1 peeled, sliced avocado. (Serves 2)

» DELICIOUS DINNER

Miso almond sauce Put 1tbsp miso paste in a small pan with 3tbsp almond butter. Stir in 4tbsp apple juice. Gently warm through. Serve tossed with 500g roasted Mediterranean vegetables and 200g boiled spaghetti. (Serves 4)

Get cooking!

Almond-based
pizza bianco

YOU WILL NEED

- » 1tbsp almond or sunflower oil
- » 15g chia seeds
- » 100g ground almonds
- » 150g ricotta cheese, drained
- » 125g reduced fat mozzarella, drained and torn into pieces
- » 1 red chilli, deseeded and finely sliced
- » 4 spring onions, trimmed and sliced
- » 50g wild rocket leaves
- » 20g Parmesan, shaved
- » Extra virgin olive oil, for drizzling

WHAT TO DO

- 1 Heat oven to 180C, gas 4. Line a baking sheet with baking parchment and brush with the oil. Put the chia seeds into a bowl, add 4tbsp water and leave for a few mins until it becomes gloopy.
- 2 Stir in the almonds, plus a generous pinch of salt and ground black pepper. Mix



Gluten free

658 calories
60g fat (16g sat)
10g carbs
 Prep time **15 mins**
 Cooking time
20 mins
 Serves **2**

together with your hands until a dough forms.

3 Put the dough in the centre of the baking sheet and press out with your hand to make an A4 sized piece. Bake for 20 mins.

4 Dot spoonfuls of ricotta cheese and pieces of mozzarella over the base, scatter with chilli and spring onion, and season with salt and pepper. Bake for 10 mins.

5 Serve scattered with rocket leaves and Parmesan, then drizzle with olive oil.

WE LIKE...

Meridian Natural Almond Nut Butter, £2.99 for 170g, Holland & Barrett
 Try as a spread or in cakes, biscuits, sauces and smoothies

WE LIKE...

Blue Diamond Almond Breeze Unsweetened Milk, £1.48 for 1 litre, Asda Tastes great cold or in cooking - it contains more protein than rice or oat milk (although less than cow's milk)

The 'yes you can have banana split' low-calorie dessert

YOU WILL NEED

- » Few squirts Frylight olive oil
- » 2 small bananas, halved lengthways
- » 4tbsp maple syrup or yacon syrup (Amazon)
- » 2 scoops low-calorie ice cream - we love new Oppo Ice Cream Salted Caramel Flavour with

Lacuma (Waitrose)

- » 2tbsp toasted flaked almonds

WHAT TO DO

1 Heat a non-stick pan, squirt a few times with Frylight, add bananas and fry for 2 mins. Add 2tbsp maple or yacon syrup, then cook for 1 more min.

2 Divide bananas between 2 plates, top each one with a scoop of ice cream, drizzle 1tbsp syrup over each one and scatter with toasted flaked almonds.

Low sat fat
Gluten free

240 calories
11g fat (2g sat)
31g carbs
 Prep time **5 mins**
 Cooking time
3 mins
 Serves **2**

#fitandwellfood



Use this hashtag to share your almond recipes with us on Instagram
[@fitandwellmagazine](https://www.instagram.com/fitandwellmagazine)

Fabulously low fat & fruity!

» You can still treat yourself when eating healthily. We've reduced the cals and fat in these beauties...



Berry & coconut fro yo

YOU WILL NEED

- » 160g can coconut cream
- » 375ml coconut milk yogurt (Co Yo)
- » 3tbsp runny honey
- » 300g mixed frozen berries

WHAT TO DO

- 1 Whisk the coconut cream, yogurt and runny honey together until smooth.
- 2 Stir the frozen berries into the mixture and crush them slightly.

- 3 Put into a freezer-proof container. Freeze for several hours until firm, preferably overnight.

- 4 To serve, allow to soften at room temperature for 30 mins.

Low cal
Gluten free

132 calories
10g fat (9g sat)
8g carbs

Prep time **10 mins**

Chilling time

4 hrs

Serves **10**

Low-fat lemon, yogurt & raspberry cake

YOU WILL NEED

- » 2 large eggs
- » 225g golden caster sugar
- » 225g Greek yogurt
- » Finely grated zest 3 lemons
- » 100g ground almonds
- » 150g self-raising flour
- » 1tsp baking powder
- For the syrup**
- » Juice 5 lemons
- » 150g golden granulated sugar
- » 200g raspberries

WHAT TO DO

1 Grease and line a 20cm round cake tin. Heat oven to 170C, gas 3. Whisk together the eggs and sugar with an electric whisk for 5 mins until very pale and thick.

2 Gently stir in the yogurt and lemon zest, fold in the almonds, flour and baking powder. Pour into tin.

3 Bake for 30 mins, cover with foil and bake for 10-15 mins

more, until the cake is golden and a skewer comes out clean.

4 To make the syrup, heat the lemon juice in a small pan, then stir in the granulated sugar. Immediately pour the syrup over the cake, so that the juice sinks into it and the sugar forms a crunchy layer.

5 Pile the raspberries onto the centre of the cake to decorate.

Low
sat fat

188 calories

5g fat (1g sat)

32g carbs

Prep time **15 mins**

Cooking time

45 mins

Serves **16**



Show us yours!

This month's Twitter shout out for the best low-fat sweet treats produced top results!



» The low-fat chocolate dessert is by Sarah Tully @tullytalking



» Fertility bake by Kathryn Dyer @katesbakes00



» Flapjack by Mandy Pearson @mandypearson



» Chia energy bites by Fran @cscitam

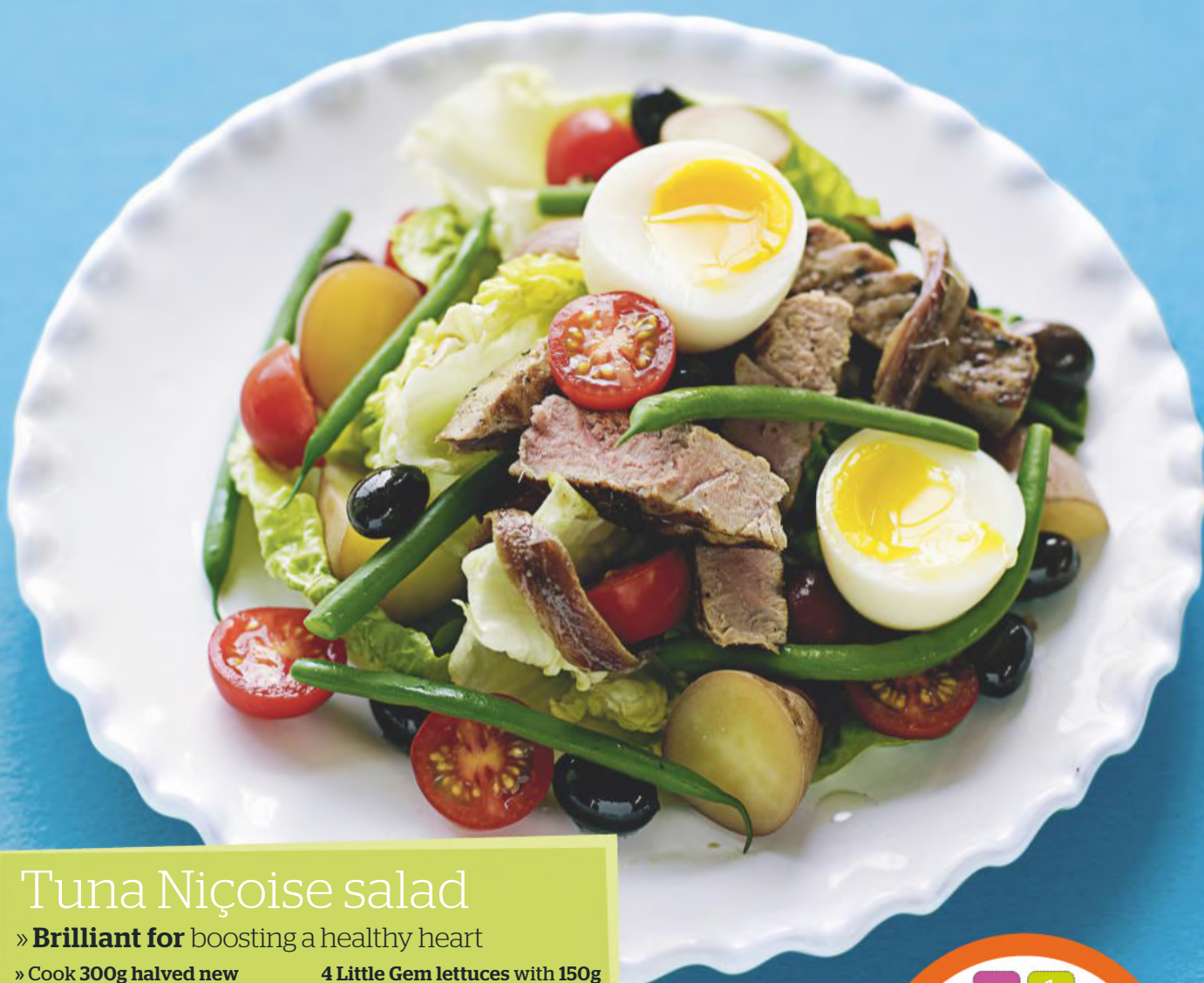
#fitandwellfood



Want to appear here? Use this hashtag to share your healthy puds on Instagram @fitandwellmagazine

7 smart & speedy low-carb lunches

» Ditch the carbs and fill up on protein instead to help quit the hunger pangs and build up muscle...



Tuna Niçoise salad

» **Brilliant for** boosting a healthy heart

» Cook 300g halved new potatoes in boiling water for 10 mins. Put 4 large eggs into boiling water and cook for 7 mins. Meanwhile, grill 4 tuna steaks for 8 mins until cooked. Put 200g trimmed French beans into a bowl with 2tbsp water, microwave on high for 2 mins. Cool the eggs under cold water. Combine the leaves from

4 Little Gem lettuces with 150g halved cherry tomatoes, the beans, potatoes and 24 black olives. Divide between 4 plates. Peel and halve the eggs, slice the tuna and arrange on the salad with 50g anchovy fillets. Serve with a dressing made from 2tbsp olive oil, 2tbsp water, 1tbsp wine vinegar and 1tbsp Dijon mustard.

Gluten
free

1

468 calories
24g fat (5g sat)
15g carbs 49g protein
Prep time **15 mins**
Cooking time
10 mins
Serves **4**



Peruvian quinoa veggie salad

» **Brilliant for** youth-boosting vitamin E

» Cook 200g quinoa in 500ml vegetable stock with a pinch of salt for 10 mins until just tender. Drain and cool. Combine 3tbsp chopped fresh parsley with 1 bunch trimmed and chopped spring onions, 25g whole almonds,

chopped, 2 crushed garlic cloves, 24 halved cherry tomatoes, 1 sliced cucumber, 1 chopped avocado and 4tbsp reduced-calorie French dressing. Stir in the cooked quinoa, season generously with salt and freshly ground pepper, serve and scatter with a handful of pumpkin seeds.

Low sat fat High fibre Gluten free

300 calories
13g fat (2.5g sat)
35g carbs 10g protein
Prep time **10 mins**
Cooking time **10 mins**
Serves **4**

Salmon & basil soya bean sizzle

» **Brilliant for** younger-looking skin

» Put 4 salmon fillets into a shallow dish, season. Squeeze over the juice of 1 lemon and ½tsp olive oil on each fillet, add a few torn basil leaves. Heat a griddle pan or grill and cook the salmon for 10 mins, turning as needed. Meanwhile, boil 200g frozen soya beans for 3 mins, add 200g frozen peas and cook for 2 more mins; drain. Toss 1tbsp light Italian dressing into the peas and beans. Serve with the salmon, more basil leaves and a lemon wedge.

High fibre Gluten free

417 calories
24g fat (4g sat)
10.5g carbs 20g protein
Prep time **5 mins**
Cooking time **5 mins**
Serves **4**



Super health-boosting mackerel salad

» **Brilliant for** a strong immune system

» Put 1 egg in boiling water and cook for 8 mins. Drain and rinse under cold water. Put 2 Little Gem lettuces into 2 bowls, add ½ sliced cucumber, 1 deseeded and chopped red pepper and 4 sticks chopped celery. Top with 100g reduced-fat feta, 2tbsp capers and 1 flaked smoked mackerel fillet. Peel and chop the egg. Combine 2tbsp lemon juice, 2tsp olive oil and a couple of shakes of Tabasco. Drizzle over salad to serve.

Gluten free 1

406 calories
31g fat (10g sat)
6g carbs 26g protein
Prep time **10 mins**
Cooking time **10 mins**
Serves **2**





Crayfish & cucumber protein pot

» **Brilliant for** boosting energy

Low fat Low sat fat Gluten free

202 calories
3g fat (0.4g sat)
15g carbs 28g protein
 Prep time **10 mins**
 Cooking time
0 mins
 Serves **1**

» Cut **30g cucumber** into sticks, put into a bowl with **140g crayfish** and **50g ready-to-eat red & white quinoa** (Merchant Gourmet). Season everything generously with salt and freshly ground pepper, then squeeze the juice of $\frac{1}{4}$ **lemon** over the crayfish. Scatter a few fresh **mint leaves** over the top. Drizzle the quinoa with **1tbsp balsamic vinegar** to serve.

Soya bean & egg protein pot

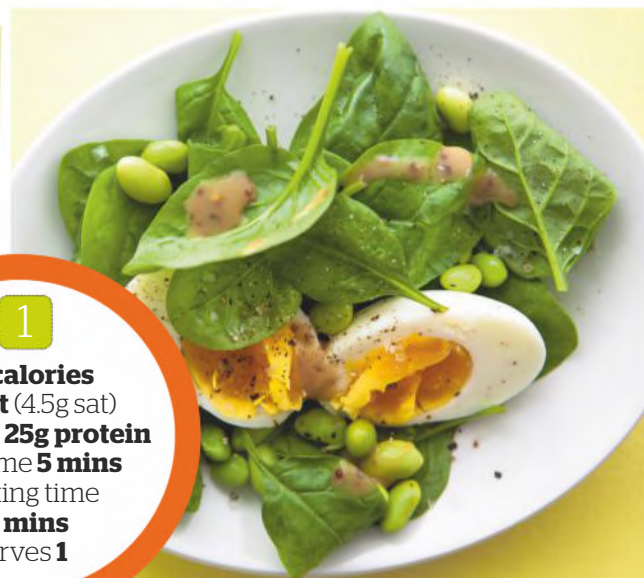
» **Brilliant for** low-carb dieters

» Put **2 large eggs** into a pan of boiling water and return to the boil. Cook the eggs for **8 mins**, then drain and cool under cold running water. Cook **50g frozen soya beans** in boiling water for **6 mins** until just tender, drain and cool under running water. Take a shallow dish and pile it

up with **50g baby spinach leaves** and stir in the cooked soya beans. Peel and halve the eggs and arrange on top. Drizzle everything with **2tbsp Kraft Light Honey & Mustard Dressing** to serve.

1

312 calories
20g fat (4.5g sat)
9g carbs 25g protein
 Prep time **5 mins**
 Cooking time
10 mins
 Serves **1**



Crunchy Thai steak salad

» **Brilliant for** boosting iron levels

Low fat Gluten free

230 calories
6g fat (3g sat)
10g carbs 33g protein
 Prep time **15 mins**
 Cooking time
6 mins
 Serves **3**

» Season **2 x 200g sirloin steaks** with black pepper, zest and juice of **1 lime** and **2tbsp Tamari soy**. Set aside. To a jar, add zest and juice of **2 limes**, **2cm grated ginger**, **1tbsp brown sugar**, **1 chilli**, deseeded and chopped, **small bunch coriander stalks**, chopped; shake to mix. Combine $\frac{1}{2}$ **sliced cucumber**, **150g cherry tomatoes**, quartered, **1 sliced red onion**, and a **handful mint and basil**. Griddle steaks for **3 mins** each side. Slice the steak, arrange on top of salad and drizzle over dressing.

Meal makeover

TEX MEX BURGER



» THE ORIGINAL VERSION

Made from beef mince, breadcrumbs and egg yolk, then smothered with mayo and guacamole - most burgers are high in fat.

WHAT WE DID

We switched to lean turkey mince, topping the burger with crunchy fresh veg salsa. Scooping out the bun cuts the carbs, too.

THE DIFFERENCE

	ORIGINAL VERSION	HEALTHIER VERSION
Calories	723	468
Protein	36g	37g
Carbs	50g	41g
Fat	42g	19g
Saturates	13g	5g
Fibre	4.5g	4.5g
Sugar	7.4g	4g
Salt	2.2g	1.8g

» OUR HEALTHIER VERSION

YOU WILL NEED

- » 500g turkey thigh mince
- » 2tbsp chopped coriander or parsley
- » 2tsp Cajun spice blend
- » Few squirts Frylight
- For the salsa
- » 2 large tomatoes, chopped
- » 1 jalapeño chilli from a jar, chopped
- » 1 ripe avocado, chopped
- » 1-2tsp lemon juice
- » 4 burger buns

WHAT TO DO

- 1 Heat oven to 200C, gas 6. Put the turkey mince into a bowl, season generously, stir in the coriander or parsley and the Cajun spice blend.
- 2 Divide the mixture into 4 and shape into round patties. Put onto a lined baking tray. Squirt the burgers with Frylight and cook for 20 mins until the juices run clear.
- 3 To make the salsa, combine the tomatoes, jalapeño, avocado and lemon juice. Season to taste.

High protein

468 calories
19g fat (5g sat)
41g carbs

Prep time **20 mins**
Cooking time
20 mins
Serves **4**

- 4 Scoop out the centres of the burger buns (this helps to save calories) and discard (or blitz in a processor to make crumbs for another time, then freeze). Toast the buns.
- 5 Serve each burger in a bun, topped with the salsa.

CURB THAT CRAVING



31 calories

Wall's Mini Milk Ice Cream Lolly



54 calories

Nestlé Rowntree's
Fruit Pastilles Lolly



44 calories

Wall's Twister Mini Pineapple,
Strawberry & Lemon Ice Cream Lolly



42 calories

Waitrose Essential Rocket Lolly

Ice cream? Yes, you can!

» Let your mouth water over these frozen treats that are all under 150 calories (yes, really!)



73 cals

Tesco Real Fruit Split



82 cals

Nestlé Fab Strawberry
Ice Lolly



94 cals

Wall's Solero Exotic
Ice Cream Lolly



140 cals

Mars Ice Cream Bar



128 cals

The Skinny Cow Mint
Double Choc



150 cals

Magnum Mini Classic



25 cals

Wall's Calippo Shots
Strawberry & Lemon



60 cals

R Whites Premium
Lemonade Ice Lolly



63 cals

Robinsons Fruit Shoot
Squeeze Up Fruit Ice

feel**better**FOOD

VEGGIE READY

Want to make meat-free Mondays hassle free? Try one of Tesco's 10 new vegetarian ready meals, including Spicy Bean Burgers (right) and Vegetable Moussaka. Containing plenty of fresh veg to get your five-a-day, they're also a snip at £2.30.



TREND ALERT!

Seaweed is making a splash in the health food world. Packed with a range of nutrients, it's especially high in iodine, essential for the function of the thyroid gland, which helps keep your metabolism ticking over and maintain energy levels. Two in three British women are deficient in iodine, so top up your levels with these tasty treats:



» Daylesford Organic Super Greens Broth with Seaweed, Spirulina & Ginger, £3.99, ocado.com



» Supersec Sea Spaghetti, £4.48, buywholefoodsonline.co.uk



» Itsu Crispy Seaweed Thins, £1, Sainsbury's

Food maths



Vodka (25ml)

Slimline tonic (150ml)

Teisseire Grenadine (5ml)

Squeeze of lime

A refreshing summer cocktail that's only 61 cals!



ZERO

That's the amount of sugar, sweeteners and calories in Nuva, a new flavoured water. Choose from ginger and lemon, cucumber and mint, or melon and jasmine. £1.49/500ml, Boots.

Sweet somethings

Need a treat with your cuppa? The Fabulous Bakers' range of cakes, muffins and flapjacks contain only natural ingredients. We love the Raspberry and White Chocolatey Popcorn Bars, £1.79/pack 4, ocado.com.

#fitandwellfood



Use this tag to share your favourite buys with us on Instagram @fitandwellmagazine

#FITANDWELLWISDOM 'Everything you see I owe to spaghetti.' Sophia Loren

FASTEST EVER **bikini** **DIET**

Holiday looming
and need to shed
some pounds fast?
Follow our plan to
lose 5lb this week!

If you need to lose weight with only a week or so to go, relax. This plan, devised by nutritionist Angela Dowden, reduces your calorie intake, but also slashes salt - important because salt can make your body cling to excess fluid, which can cause bloating. The plan's based on high-fibre foods, which fill you without adding too many calories, and the carbs are slow release to keep your energy steady throughout the day.

THE RULES...

- » Don't snack!
Remember, this plan is only for a week.
- » Only drink water and calorie-free drinks (such as herbal tea).
- » Swap meals around from the different days, or repeat meals if you want to. But try to stick strictly to the meals in the plan.

That's clever!

Celery, beetroot and asparagus are all diuretics, which will help reduce bloating and carry excess water out of the body.

YOUR SPEEDY SHAPE-UP MENU

BREAKFASTS

DAY 1 1 poached egg and 2 grilled tomatoes on 1 slice wholemeal toast.

DAY 2 Handful of berries with 100g low-fat plain yogurt, 1tbsp porridge oats and 1tsp maple syrup.

DAY 3 Porridge made with 40g oats, skimmed milk and 1tsp brown sugar; 1 orange.

DAY 4 40g All-Bran with 125ml skimmed milk; 1 pear.

DAY 5 ½ wholemeal English muffin, toasted, 1 large egg fried in 2tsp oil, plus 1 large grilled tomato.

DAY 6 Eggs Florentine - serve 2 poached eggs and 1tbsp hollandaise sauce with steamed spinach.

DAY 7 3tbsp muesli with 3 chopped dried apricots and skimmed milk.



LUNCHES

DAY 1 2tbsp cooked brown rice with ½ a 400g can of mixed bean salad, 3 sliced spring onions, ½ a diced red pepper and low-fat dressing.

DAY 2 2 rounded tbsp reduced-fat houmous with ½ a slice of toast and a 300ml bowl of fresh tomato and basil soup.

DAY 3 1 mini wholemeal pitta with ½ a 185g can of tuna (in spring water),

and 400g can of mixed bean salad.

DAY 4 ½ a can of reduced-sugar and salt baked beans on 1 slice wholemeal toast.

DAY 5 120g tin sardines in sunflower oil, drained, 1 slice of wholemeal toast with rocket leaves and cherry tomatoes.

DAY 6 1 reduced-fat mozzarella ball, sliced, beef tomato slices and basil.

DAY 7 1 slice of wholemeal bread, 1tsp reduced-fat mayo topped with 100g



roast chicken slices, plus baby spinach and tomato.

DINNERS

DAY 1 150g boiled new potatoes mixed with 1tbsp low-fat mayo, chives, spring onion, diced cucumber and 100g cooked salmon, on a bed of watercress.

DAY 2 200g grilled cod, 2tbsp boiled brown rice, plus 300g pack of M&S fresh vegetable ratatouille.

DAY 3 2 grilled lamb leg steaks, 100g new potatoes, broccoli and mint sauce.

DAY 4 Use just a brush of oil to stir-fry 100g skinless chicken, any veg and add 100g noodles and a splash

of reduced-salt soy sauce.

DAY 5 50g brown rice with chilli: 75g lean pork mince, ½ a 400g can of tomatoes, ¼ of a 400g can of kidney beans and chilli powder.

DAY 6 Grill 1 skinless chicken breast. Boil 1 large potato and mash with 1tsp low-fat spread and 1tbsp milk. Serve with veg and gravy (from granules).

DAY 7 120g salmon, grilled, with 100g boiled potatoes, green salad and cherry tomatoes, 1tsp olive oil and balsamic vinegar dressing.



AFTER THE PLAN

Once you've got to the end of the seven-day plan, these tips will keep you on track...

» Stick to around 1,500 calories a day to continue losing 1lb each week. That's similar to the amount you've been eating

on the plan, but you can add a couple of 200-calorie snacks, and start having skimmed milk in tea and coffee if you want.

» Fill half your plate with fruit and veg. Make sure carb portions like pasta are no greater than the size of your ball of fist.

» Choose wholegrain foods and fill up on your 5-a-day to help prevent hunger pangs.

30 days to a **better back**

A toned back looks super sexy in a strappy dress, and can help prevent aches. What's not to love?

What do Jennifer Aniston, Jessica Ennis-Hill and Kate Hudson all have in common? A toned back. You may not give that area of your body much thought, but an athletic back looks elegant and sexy, and helps improve posture, so you'll look slimmer.

And toning up this area can also help prevent debilitating back and neck pain. 'There's a lot you can do to protect your back,' says personal trainer Anna Reich. 'Sit up straight to avoid stress on supporting ligaments, tendons and muscles. Set an hourly reminder on your phone to get into the habit of standing and walking around. Swap your high heels, which are linked to lower back pain, for flatter shoes (at least on your commute), and avoid carrying heavy handbags - if you have to, switch shoulders regularly.'

Anna's created a simple strengthening workout plan for a strong, sleek back.



Your trainer,
Anna Reich



4 MUSCLE-BOLSTERING BACK MOVES

Working out can actually benefit sore, weak backs, but if you have problems check with your doctor before you start. Begin slowly to encourage muscle growth, strength and definition. As you get stronger, you can increase the weights.

» Dive bomb push-ups

Perform a downward dog - stick your bottom in the air so you look like an inverted 'V'. Lower shoulders towards floor, but before your chin hits the ground, swoop your body forward so you push your chest out and forwards. Your back should be arched and arms locked out. Hold the position for a second, then return to the starting position by reversing the exercise.



TIP
These moves warm up the whole body

» BOOSTER

V push-up to dive bomb
Perform a downward dog, then drive your elbows apart until your forehead taps the ground. Push back up and continue performing above move.



» Deadlift

Stand with feet hip-width apart, dumbbells in hands resting on thighs. With a slight bend in your knee, bend forwards at your hip, keep your back flat and slide the dumbbells down your legs. Once you've reached just past your knees, drive back up through heels to the start position (giving glutes a little squeeze).



» BOOSTER

Deadlift with wide row
Perform above move. Once you've reached your knees, pull elbows up, pinching shoulder blades together, to lift the weights - elbows should be aligned behind shoulders. Then lift up and lower weights to knees to return to start.



TIP
Tones muscles at the top of your back



TIP
Great for increasing flexibility

» Toe touches

Stand in a star position with feet wider than hip-width apart and arms out to the sides. Keeping your back and arms straight, inhale and, rotating your spine, reach your left hand towards your right foot. Repeat on the other side.

» BOOSTER

Good mornings Stand with feet apart, knees bent softly. Hold a dumbbell with both hands behind head, resting it on your shoulders. Inhale and, keeping your back straight, lean your torso forwards, hinging at your hips, until you're parallel with the ground. Exhale and drive through your heels, engaging glutes, back to start position.



» Superwoman

Lie face down with arms outstretched in front of you. As you take a deep breath in, lift your arms and legs away from the ground (creating a dish shape).

TIP
Targets muscles around shoulder blades

» BOOSTER

Superwoman with shoulder retraction Perform the Superwoman, but pull the elbows back in towards you, squeezing the shoulder blades. Hold for a second, then straighten your arms back in front of you and slowly lower limbs to floor.



NOW WATCH THE VIDEO



Make sure you get your technique spot on with our video on the Fit and Well YouTube Channel



You can also watch the video and sign up to the challenge on our Facebook page. Like us at facebook.com/fitandwellmagazine

TURN OVER FOR THE CHALLENGE »

30 day challenge

» HERE'S YOUR CHALLENGE CHART, GET TICKING!

Did you know bad posture can close up your chest cavity, affecting your lung capacity? Making your back stronger will keep you upright and also prevent long-term pain.

TIP
Classes like body pump will create definition

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Words: Natalia Lubomirski. Photos: Anne Marie Bickerton (exercises). Getty Images. Natalia wears: Top, Lorna Jane; leggings, Onzie (available at activelustyle.com.au)



Adidas Climachill Tank Top, £26, xs-l

Made with an innovative mesh-like fabric, this top dries almost instantly and keeps you cool, even in hot weather.



Berlei Podium Bra, £45, 32-38 A-D

This ultra-supportive bra has an in-built heart rate sensor, so you don't need to wear one separately.



Superfeet Berry Insole at amazon.co.uk, £40

Give your feet extra stability and support while you run.



Bobbie Sport, £9.99

An in-built filter removes chlorine from water, and the bottle is specially designed for an easy grip while you work out.



Yurbuds Earphones, £79.99

Go wireless so you don't get tangled up in equipment. Plus, these are smaller to fit in women's ears.

Make your **WORKOUT EASIER!**

We pick the most stylish new ways to power up your exercise regime



Zaazee Erin Cross-back Vest, £38, xs-m; Eszter Capri, £60, xs-m

Zaazee is our fave new sportswear discovery! The supportive fabrics make working out with confidence oh-so easy!

TIP
Size medium fits up to a 16 – we've tried it!



MisFit Shine at amazon.co.uk, £79.95

Wear this super-sleek activity monitor as a necklace or band, or clip onto clothing. It tracks cycling and swimming, as well as running and walking.

EXERCISE APPS WITH A DIFFERENCE



SworKit Lite (free, iPhone, iPad,

Android) is your pocket personal trainer. Choose your workout (yoga, cardio, strength or stretching), tap in how long you've got and what you want to focus on, and the app will come up with a step-by-step workout.

PumpUp (free, iPhone, iPad,



Android) lets you set workouts and share your progress with other users – perfect for when your motivation is flagging.



MindBody Connect (free, iPhone,

iPad, Android) helps you find classes in your area. Fancy a Zumba or Pilates session? Just type it in and the app will flag up classes happening soon near to you.

FitStar (free, iPhone, iPad) sets



tailored workouts and uses the answers to simple questions at the end of each session to monitor how you're doing and design your next training session.



Runtastic Six Pack Abs Workout

(free, iPhone, iPad, Android) focuses on your core, with sets of customised abs workouts – all demonstrated in slow-mo by an avatar, so you get it just right.

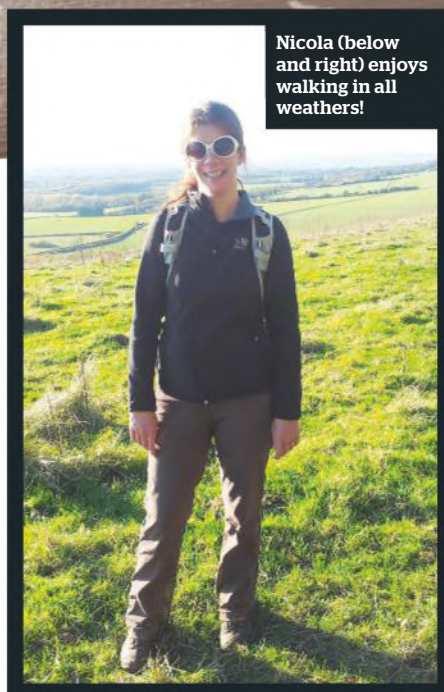
Love to walk? Join the club!

From ramping up your fitness to boosting your mood and meeting new friends, rambling has it all. We speak to two women who've reaped the benefits

Over nine million people in the UK regularly go out walking, many as part of a walking group. Rambling has shed its stuffy image - walking club Ramblers now offers urban walking groups, clubs for people in their twenties and thirties, and foreign adventures for those of you who want to explore further afield. It's fantastic news that so many people are hitting the great outdoors - walking boosts cardio fitness, lowers blood pressure and cholesterol, and burns calories. Rambling also ticks the boxes when it comes to emotional health - exercising in natural environments and socialising with others have both been shown to help ease anxiety and depression. We speak to two women about how it has transformed their lives...



Angela (far right) with her Ramblers friends



Nicola (below and right) enjoys walking in all weathers!





Angela (far left), Emily and Lynne in Snowdonia

'I've met a new group of friends'

Angela Munn, 38, started rambling after a change of location left her missing her old social life...

'In 2009, I was living in Hampshire and had a good job and great friends. But I fancied a change and wanted to move to a completely new and more adventurous location. A job for an environmental education tutor came up in Shropshire, so I applied and couldn't believe my luck when I was hired.

I moved there in April and got the outdoorsy lifestyle I craved, but I hadn't bargained on feeling so isolated, tucked away in a cottage in the middle of nowhere. Apart from the people I worked with, I knew no one and, due to my remote location and with no car, it was hard to meet new people.

Six lonely months passed and I realised I needed to do something. I'd heard about the Young Ramblers - aimed at people in their twenties and thirties - so I contacted them and asked if I could join a walk. When I arrived at the meeting point everyone was incredibly friendly. After walking a leisurely eight miles through fields and woodlands I'd spoken to everyone in the group. I felt happy, invigorated and couldn't wait to go again.

Six months after joining Ramblers, I met Lynne and Jane on a walk in scenic Ironbridge. We bonded immediately and, along with fellow walkers Emily and Sarah, we all became close friends. A year later, the five of us went out for cocktails and soon we were going out regularly. We still meet up - last weekend we visited the breathtaking Breidden Hills.

I don't know what I'd have done without group walking. It's allowed me to explore beautiful places and make four wonderful new friends.'

'Walking was my therapy'

Nicola Ratcliffe, 38, lives in Kent with husband Mike and is four months pregnant. But in 2005 she was involved in the 7/7 London tube bombings and struggled to recover from her ordeal...

'I moved to London from Kent in 2005, aged 28, after splitting up with my boyfriend. I was excited about a fresh start and couldn't wait to explore the city. But a couple of months later one of the 7/7 bombs exploded on my tube. I was two carriages away from the blast - I remember it being dark, smoky and chaotic. I was terrified that we wouldn't get out, then 30 minutes later we were led from the train.

Initially, I felt euphoric at surviving, but this was followed by a rollercoaster of emotions, including anxiety and the feeling I was losing control. A few weeks later, my sister-in-law went into premature labour and lost one of her twins. I couldn't help feeling 'why me and my family?'. Visiting my niece in hospital was a distraction, but it also meant I didn't deal with my what I'd been through.

I felt low, avoided going out and spent every weekend visiting my parents. My flatmate was a nightmare and, after a particular bad all-night party session, I decided to move to a new flat back in Kent.

That made me feel happier, but I was still traumatised. One day



Nicola hiking in picturesque Cornwall

I ended up crying because I couldn't find my house keys. Concerned, my mum encouraged me to join Ramblers after spotting a group in the local pub. She thought I needed to do something to regain my confidence.

My first outing - a 12-mile trek in torrential rain - should have put me off, but I loved it! Everyone was so friendly and walking outside in the fresh air gave me the opportunity to start processing everything. For the first time in ages I felt calm.

During the next few months, I started opening up to my new walking friends about my struggles. Everyone was sympathetic and understanding - my walking group became my therapy group.

In 2012, I met my husband, Mike - a new recruit - in a pub car park before a walk. We felt an instant connection and, just over a year later, he proposed. Mike makes me feel positive and gives me courage to try new things - I feel so lucky to have met him.

Group walking has changed my life. It lifted me up from a dark place and helped me smile again.'



Nicola met her husband Mike through walking

How to get started!

Visit ramblers.org.uk and enter your postcode to find an organisation near you. You can select a walk to suit you by choosing from categories, including distance, intensity (easy to technical) and surroundings.

Don't miss the new

JULY 2015 £1.99

Woman's Own

MONTHLY LIFESTYLE SERIES

SUMMER SPECIAL

YOUR BUMPER HOLIDAY READ!

- ◆ Shock real life
- ◆ Sizzling fiction
- ◆ Puzzle special

FASTEST EVER DIET!
Lose 3lb in 2 days

Have fun for less
DAYS OUT UNDER £10!

64 SLIMMING STYLE BUYS
FROM ONLY £2

DENISE
ON A DIET FOR TWO YEARS

ANDREA
BIKINI CONFIDENT AT LAST!

Stars confess

OUR BODY BATTLES

Could I have stopped my DAUGHTER'S KILLER?
TRUE CRIME



**ON
SALE
NOW**

YOU CAN ALSO READ IT ON...

nook



Available on the
App Store

available on
kindle fire

10
minute
challenge

The 'no diet' MIND TRICK

Can 10 minutes a day make the difference?
Find out with this mindful eating plan

Do you wolf down lunch at your desk or have your dinner in front of the telly? Eating while you're distracted means you don't register feelings of fullness. The result? You're likely to overeat and gain weight.

Leading weight loss counsellors Sally Baker and Liz Hogon have found many clients share this pattern. So their five-step guide stops you eating on autopilot and encourages you to chew more slowly, savouring each mouthful. 'Changing your eating habits could help you lose weight without dieting,' they say.

» Sally Baker & Liz Hogon are the authors of *7 Simple Steps to Stop Emotional Eating* from Hammersmith Books (just out). Go to: your7simplesteps.com

1 BEFORE YOU SIT DOWN to eat, get rid of distracting electronic devices, so switch off the TV and silence your phone and put it in another room (you can keep the radio on).

2 PUT THE PORTION YOU INTEND TO EAT on a plate, rather than having platters of food to help yourself to, and sit at a table.

3 MINDLESS EATERS can often eat a plate of food and not taste a bite. So focus on the smell, texture and taste of your food and really experience each bite from start to finish.

4 FOLLOW THE 'MOUTH FULL, HANDS EMPTY' MANTRA - this means putting your cutlery down between mouthfuls to slow your eating. Ask yourself how hungry you are before each forkful - aim to eat until you are satisfied.

5 SET REGULAR MEALTIMES - people who mindlessly graze throughout the day will never be sure when they are hungry or full. Eating regular meals will help reset your body to recognise the appropriate signals of satiety and hunger.

Mastering the mindful eating habit

It takes 21 days for a habit to embed, so make sure you stick with it to change your behaviour.

Take the challenge!

Try the exercise for at least one meal a day and tick off as you go. Eating mindfully will help you feel more in control and allow you to enjoy your mealtimes more. It will help stop emotional eating and encourage you to eat only when you're hungry.

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Beach body

beauty cheats

These summery multi-taskers will make your sunny season simpler while helping you look hotter - it's a win-win!

1

Protect and bronze

Out and about on hot days, your make-up essential is the amazing **Bourjois BB Bronzing Cream 8 in 1**, £9.99. It gives you light coverage, intense hydration and a hint of tan, along with sun protection - no need for loads of different products.



2

Boost with a buff

To ensure smooth, toned skin you need to get the blood flowing. And there is no better way than massaging in **Sanctuary Salt Scrub**, £11.50. It helps move toxins away as well as ditching dead skin cells.



3

Hydrate and hone

Using a super-serum means you can swap some gym sessions for sun lounger sessions. **Soap & Glory Sit Tight Super-Intense 4D Targeted Firming + Smoothing Lower Body Serum**, £16.50, takes on a lot of the hard work. Use daily and expect firming results in a fortnight. Oh, it's ultra-moisturising, too.

DIY fix

Scoop out an avocado, mashing the flesh with porridge oats to make a super-hydrating face mask. Then, while relaxing, rest your elbows in the empty halves to infuse moisture to dry patches.

**EASY
BEACH
BODY
tricks!**

4 Tan in the shower

All hail the **St. Tropez In Shower Gradual Tan**, £14.50, which moisturises and gives you a glow, all while you wash. Shower as normal, step out of the spray, slick this on in circular motions, wait just three minutes, then rinse off. Voilà – a soft tan will build day by day.



That's clever!

Mix together brown sugar and olive oil for a tasty lip buffer. It works a treat on wobbly bits, too – just work in with your fingertips, then rinse in the shower.

6 Protect and revive hair

Pack **Wella Professionals Elements Conditioning Leave-In Spray**, £17.46, in your suitcase for a double-spritz – once while out in the sun, then again after sunset in place of a heavy conditioner.



5 Double lip service

Kiko 3D Instant Volume Lipgloss in Natural Rose, £6.90, will not only paint your pout to the perfect summer nude, it gradually pumps up lip volume as you wear it. And a full pout is a clever quick slimmer, drawing attention to your face and away from any wobbly bits. A pretty hue and distraction all in one.

7 Sort sunburn, banish blemishes

There's nothing that **Eucerin Aquaphor Soothing Skin Balm**, £8.50, can't do. It fixes too-much-sun redness, scratches, dry skin, chapped lips, grazes... the list goes on to leave you body beautiful.



8

Refresh, revive and replenish

Keep your skin fresh and summer-ready in double-quick time with **Kiehl's Iris Extract Activating Treatment Essence**, £34. Just sweep it on for deep exfoliation and nourishment, leaving your skin velvety.



9 Supercharge your SPF

You need a reliable cover-up when stepping out into the rays. **Nivea Firming Sun Lotion SPF15**, £13.74, goes one better and helps tone and tighten your body while it protects you.

10 Fake tan that fights cellulite

Bliss Fatgirlslim Hide & Glow Sleek Firming Tinted Body Spray, £30, is one handy can. Shake up this faux glow, then spritz on for an all-over bronze colour, while the caffeine reduces the appearance of stubborn flab.



THE BEAUTY OF blackcurrants!

These tasty British berries are a nutritional power house! They're in season now so it's the perfect time to enjoy the benefits...



Did you know that, weight for weight, British blackcurrants have a higher vitamin C content than oranges? No wonder they're being hailed as a superfruit. 'Research has found they have a remarkable composition containing many components that are beneficial to health,' explains nutritionist Angela Dowden. 'Their distinctive dark purple colour comes from the heart-healthy antioxidants which make them so good for you. As British blackcurrants are specially grown for their colour, this makes them extra rich in these health-boosting compounds.'

British blackcurrant season runs mid June to late August so now's the perfect time to try them, with a meal or in these super healthy smoothie recipes. They freeze well, too, so you can enjoy the benefits all year round!

Tropical flat tum smoothie

Rich in potassium, with more than your daily RDA of vitamin C, this combo is a great bloat beater...

YOU WILL NEED

- » 125g fresh or thawed from-frozen blackcurrants
- » 400g chopped mango
- » 200ml fresh orange juice
- » 200g low-fat natural yogurt
- » 150ml soya milk
- » 1tbsp chai seeds
- » 75g chopped dates
- » a few ice cubes

WHAT TO DO

Blend all ingredients together until smooth. Serve in tall glasses or similar with a couple of slices of mango.



Low cal Low fat 2

202 calories

2.4g fat (0.7g sat)

39g carbs

Prep time **10 mins**

Serves **4**

Blackcurrant with super greens



This filling superfood smoothie is a great source of magnesium...

YOU WILL NEED

- » 125g fresh or thawed blackcurrants
- » 1 avocado, chopped
- » 1 green apple, cored and chopped
- » 100g kale, lightly steamed
- » 450ml coconut water
- » 2tbsp runny honey
- » a few ice cubes

WHAT TO DO

Blend the fruit and veg with the coconut water and honey. Whizz until smooth. Serve with slices of apple and a dusting of wheatgrass (optional)

Low cal High fibre 2

202 calories

11.6g fat (2.3g sat)

21g carbs

Prep time **10 mins**

Serves **4**

Want to know more?

Research has found that blackcurrants can boost your health in so many ways, from easing post exercise muscle pain to reducing the risk of heart disease. So what's not to love? For more on the nutrition and health benefits, plus recipe inspiration, visit [blackcurrant foundation.co.uk](http://blackcurrantfoundation.co.uk)

The
**Blackcurrant
Foundation**

SWAP THIS

for that... Supermarket salads

Salads can be a healthy lunch option... just choose the right one

WAITROSE



SWAP
Nutty Rice
Salad (200g)
381 cals

SAVE
171 cals



FOR
Rainbow Rice
Salad (180g)
210 cals

MORRISONS



SWAP
Deli Potato Salad
(300g)
624 cals

SAVE
309 cals



FOR
Reduced Fat Potato
Salad (300g)
315 cals

TESCO



SWAP
Honey & Mustard
Chicken Pasta (300g)
706 cals

SAVE
446 cals



FOR
Cajun Chicken &
Peppadew Salad (260g)
260 cals

MARKS & SPENCER



SWAP
Crayfish & Mango
Salad
439 cals

SAVE
150 cals



FOR
Chilli & Lime
Chicken & Rice Salad
289 cals

ASDA



SWAP
Piri Piri Chicken & Rice
Salad (275g)
231 cals

SAVE
92 cals



FOR
Minted Cous Cous
with Feta (300g)
139 cals

SAINSBURY'S



SWAP
Edamame & Butter
Bean Salad (185g)
224 cals

SAVE
50 cals



FOR
Greek Salad
(165g)
174 cals

Add

POWER

to your pedal

Whether you're a biking beginner or a whizz on two wheels, follow our expert tips to get more from cycling

WHY CYCLING?

It's a low-impact aerobic exercise that helps improve your cardiovascular health, build muscle, reduce stress and melt fat. What's more, you can burn, on average, 650 calories an hour.

BEGINNER? START HERE...

Natasha Chauhan, Halford's bike buyer and all-round cycle expert, has the lowdown...

WHICH BIKE SHOULD I BUY?

» **ROAD BIKES** Lightweight and streamlined, they're designed for long-distance cycling and road training.

FOR YOU IF You want to commute - or race. Want to push yourself? Single-speed road bikes only have one gear, making hill climbs a real challenge.

» **MOUNTAIN BIKES** Ideal for travelling over tougher terrain. They have tyres that grip, suspension to absorb shock and a wider range of gears to help you climb.

FOR YOU IF You want to get off-road. Mountain bikes can deal with rocky paths and grassy hills.

» **HYBRID BIKES** These heavier models combine the best features of road and mountain bikes. They often have a dropped crossbar, so you can easily climb on if you're wearing a skirt.

FOR YOU IF You want a good all-rounder - or you're not yet sure what type of cycling you'll be doing.

3 WAYS TO CYCLE WITH CONFIDENCE

Fears over safety play a big part in keeping women off two wheels. Here's how to be a safe, assured cyclist:

- 1 Ride assertively and well clear of the kerb. Also stay clear of parked cars as much as possible, to avoid any doors being opened suddenly.
- 2 Make eye contact with other road users, especially at junctions, so you know they've seen you.
- 3 Never undertake. Always hang back until the vehicle has moved off.

3 ESSENTIAL CYCLING APPS



1 Strava (free, iTunes and Google Play)

» **What is it?**

Track your rides and lets you compete against friends online.

» **Look out for...**

Global Heatmaps. Strava collects data from members daily, recording the most popular routes, which you can see on a map.



2 CycleStreets (free, iTunes and Google Play)

» **What is it?**

A journey planner for cyclists, by cyclists, that allows you to plan routes across the UK.

» **Look out for...**

The 'four modes' element, which lets you match your route to your ability.



3 Bike Doctor (£3.99, iTunes; £1.79, Google Play)

» **What is it?**

A repair guide with step-by-step instructions.

» **Look out for...**

The maintenance manual. Learn how to prevent punctures and much more.

CLEVER KIT FOR THE BIKING BUFF



SPECIALIZED WOMEN'S ANDORRA HELMET, £32.99, EVANSCYCLES.COM

This has extended rear coverage for maximum protection - and it allows extra room for a ponytail, so no more helmet hair!



DHB WOMEN'S AERON RACE HALTERNECK BIB SHORT, £49.99, WIGGLE.CO.UK

A hi-tech, in-built cycling pad provides ultimate comfort on long rides and a halterneck strap lets you go to the loo without stripping off.



COMMUTER SKINNY JEANS, £80, LEVI.COM

Water- and dirt-repellent, these jeans have extra stretch and a higher back for increased cover.



CYCLEWIZ LASER TAIL LIGHT, £15.99, TREDZ.CO.UK

It uses two laser lights to mark out a virtual bike lane, to make you and your bike more visible.



DHB PHOTO-CHROMATIC FULL FRAME SUNGLASSES, £34.99

These superlight frames safeguard your eyes from low-flying bugs, and darken when the sun shines, protecting your peepers from UV rays.

Visit bikeability.org.uk or ctc.org.uk for cycle training sessions, which are designed to help you ride confidently and safely.



That's clever

Life Paint is a washable reflective spray that can be spritzed all over your bike or clothing and glows brightly in the glare of car headlights. Visit volvolifepaint.com.

HOW TO SUPERCHARGE YOUR CYCLING

British cycling coach Ben Simmons shares his knowledge...

THE NEWBIE

YOUR AIM Boost your confidence and fitness.

HOW It's important to get out regularly, whether that's cycling to the shops or around the park. Choose a cycle path (visit sustrans.org.uk to find one near you) and spend time getting used to your bike and its gears. You could sign up with a local cycling club to boost your confidence and skills - visit britishcycling.org.uk for more information and to find one near you.

THE COMMUTER

YOUR AIM Build endurance and burn fat.

HOW Use a heart rate monitor - try Polar H7 (£64.50, polar.com) - and use it with the Strava app via your smartphone. Stay in the fat-burning zone by keeping the majority of your bike ride below 70% of your maximum heart rate. Add hills into your journey or practice accelerating away from junctions to build-up your strength.

GET SET UP

OVERALL HEIGHT STRADDLE THE BIKE WITH FEET FLAT ON THE FLOOR - THE CROSSBAR SHOULD BE AN INCH BELOW YOUR GROIN.

SADDLE HEIGHT SIT WITH THE BALLS OF YOUR FEET ON THE PEDALS. WHEN YOUR LEG'S FULLY EXTENDED, THERE SHOULD BE A SLIGHT BEND IN YOUR KNEE.

HANDLEBAR HEIGHT YOU SHOULD HAVE A BEND IN YOUR ARM.

FOOT POSITION PEDAL ON THE BALLS OF YOUR FEET FOR COMFORT AND EFFICIENCY.

YOU'LL KNOW YOU'RE IN THE RIGHT GEAR WHEN YOU CAN KEEP A STEADY RATE OF PEDALLING WITHOUT FEELING YOU'RE PUSHING TOO SOFTLY OR TOO HARD. AIM FOR A LOW GEAR WHEN CLIMBING AND A HIGH GEAR WHEN DESCENDING.

Don't forget your helmet

It must be level on your head, about two fingers' width above eyebrows (further forward than you may think) with the strap snug.

INVEST IN TWO LOCKS, ONE FOR THE WHEELS AND ONE FOR THE FRAME.

TRY THE WEARABLE HIPLOK LIGHT, £44.99, HIPLOK.COM.



DON'T LET BAD WEATHER STOP YOU CYCLING. INVEST IN A LIGHTWEIGHT PACKABLE RAIN JACKET OR WINDPROOF FLEECE, SUCH AS A BOARDMAN WOMEN'S JERSEY, £29.99, HALFORDS.COM.



MOST BIKE SHOPS OFFER A FREE BUILD-YOUR-BIKE SERVICE, FOLLOWED BY A SIX-WEEK MAINTENANCE CHECK UP.

MAKE SURE YOUR SADDLE'S DESIGNED FOR WOMEN - AND FOR ULTIMATE COMFORT, CHOOSE THE VAVERT MEMORY FOAM WOMEN'S SADDLE, £29.99, OR SELLE ROYAL CLASSIC FREEWAY FIT FOAM FEMALE SADDLE, £29.99, HALFORDS.COM.



That's clever!

Toasting bread lowers the glycaemic index, making it less likely to cause a blood-sugar level spike. But toast lightly to avoid increasing the carcinogenic chemical, acrylamide.



BEST FOR
Keeping you feeling full

RYE BREAD

Calories: 83 per slice

MADE FROM? Rye flour.

PROS It's packed with potassium and iron and has more fibre than wholemeal.

CONS Texture can be dry and dense.

ONE TO TRY Schneider Brot Whole Grain Rye Bread, £1, Waitrose.

SMART CHOICES



BEST FOR
Easy eating on the go

WHOLEMEAL BREAD

Calories: 88 per slice

MADE FROM? Whole wheat grain flour.

PROS Good source of magnesium, folate and vitamin E, as well as fibre.

CONS Some contain added sugar.

ONE TO TRY Sainsbury's So Organic Stoneground Wholemeal Bread, £1.20.

BREAD

What's the healthiest slice?

A third of British women have ditched bread in the last year, but we reveal why you should be eating it and which type is right for you



BEST FOR
A healthier heart

SOYA AND LINSEED

Calories: 125 per slice

MADE FROM? Wheat, soya flour, linseed.

PROS Boasts heart-healthy omega-3 fatty acids and lots of calcium.

CONS Higher in calories than others.

ONE TO TRY Burgen Soya & Linseed Bread, £1.50, Sainsbury's.



BEST FOR
A nutrient boost

SPROUTED BREAD

Calories: 68 per slice

MADE FROM? Whole grains that have been allowed to sprout.

PROS Naturally high in vitamins.

CONS Not widely available.

ONE TO TRY Everfresh Organic Sprouted Wheat Bread, £1.75, health-food stores.



BEST FOR
People who avoid gluten

GLUTEN-FREE BREAD

Calories: 84 per slice

MADE FROM? Almond, rice, corn or bean flour, rather than wheat.

PROS A high-fibre option for coeliacs.

CONS It can be a bit spongy. And pricey.

ONE TO TRY Genius Gluten-Free Original Brown Bread, £2.90, Tesco.

A SLICE OF HEALTH

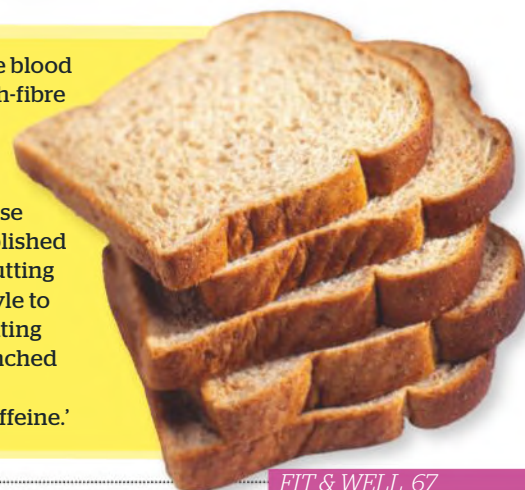
Bread doesn't deserve its bad rap, says dietitian Lucy Jones.

'Bread provides essential vitamins, minerals and fibre, and more than 10% of the average adult's intake of magnesium, zinc and protein, making it a key part of a healthy balanced diet.

Although the GI of bread varies, with mixed grain bread having a lower GI than white, it's rarely eaten on its own. So even

the higher GI breads can help regulate blood sugar if eaten with a high-protein, high-fibre or fatty food, such as cheese, baked beans, tuna or chicken.

The idea that bread causes bloating may have come about because of its yeast content, but there's no published evidence to support this. So, before cutting out bread, look at your diet and lifestyle to see if anything else might be contributing to bloating - such as stress, sitting hunched over your desk, irregular meal times, inactivity and too much alcohol or caffeine.'



Get your **best** night's sleep **EVER!**

Never feel refreshed on waking?
Get drowsy during the day? Here's
how to banish tiredness tonight!

Recent research by the Mental Health Foundation found one-third of adults in the UK experience insomnia - and women are most likely to be affected. 'Around 70% of insomniacs are female,' says sleep therapist Dr Guy Meadows (thesleepschool.org). We're more likely than men to be affected by anxiety - a classic wrecker of shut-eye - and pesky shifting hormones can also play a part, while many mums say they find it hard to regain their sleep pattern once their children start sleeping through the night. You don't necessarily have to have trouble nodding off to be affected by poor sleep, either - if you wake throughout the night or lie awake in the early hours, it's time to take action.

Do you have a sleep problem?

If you agree with any of the following, the answer is probably 'yes'.

- ☐ I have to hit the snooze button several times before I can get up.
- ☐ I never wake naturally before my alarm.
- ☐ I don't feel refreshed on waking.
- ☐ I have bouts of tiredness throughout the day.
- ☐ I rely on caffeine or sugary foods to keep me going.



Forget a bedtime routine

Do you wind down before sleep by having a warm bath and listening to relaxing music? Well, it could be time to stop. According to Guy, who teaches a new sleep strategy called Acceptance and Commitment Therapy (ACT), having a rigid routine before bed can actually make you feel more stressed about getting to sleep.

'People who naturally sleep well generally don't do anything special

in the evening - they just go to bed when they're tired,' he points out. 'Try mimicking them, rather than having lots of bedtime rituals.'



3 easy sleep solutions



The Sleep School app

£2.99, iTunes. Tells you how to fall asleep without trying too hard, plus meditations to stop you focusing on negative thoughts.

Dr Stuart's Valerian Plus Tea

£2.29, Holland & Barrett. Some studies have found this herb can help you relax and nod off. If you like a hot drink before bed, this is the one to reach for.



This Works Deep Sleep

Pillow Spray £16/75ml, Boots. With snooze-inducing essential oils to help encourage shut-eye.



Did you know?

Research has shown pets can ruin your sleep – time to shut Rover or Socks out of the bedroom?

Observe your thoughts

Learn to stand back from the thoughts you have, Guy advises, and see them for what they are – just thoughts, which you don't need to believe. Don't push the thought away – this can create more tension, which will keep you awake.

Instead, just say to yourself, 'Oh, there's that anxious thought again'. 'By objectifying the thought we can step outside of it,' says Guy.

Don't aim for eight hours

Although the average person sleeps for seven to eight hours, we don't all need this amount. 'We now know that just as there are 'owls' and 'larks', there are short sleepers and long sleepers,' says Guy. 'The important thing is to make sure you're sleeping the right amount for you. You'll know how much you need when you start waking up feeling refreshed.'

Be mindful

If you're lying awake worrying about work or how little sleep you've had, Guy has this tip: 'Keep yourself in the present by focusing on your sense of touch. Ask yourself, What can I feel right now? I can feel the duvet on my toes, the mattress against my body, the pillow on my face.'

THE ONE THING... that helps us sleep better



'I avoid electrical gadgets up to two hours before bed, then relax with a book.'
Aileen Russell



'I wind down with a book or magazine. I also love a slightly warm milky drink.'
Ann Virco



'A cuppa, a bath and clean bedding always work for me!'
Michelle Beecham



'A tough exercise session usually does it for me.'
Sarah Bumford

'Juicing boosts my BODY & MIND!'

Natalie Anderson, a.k.a. Alicia Metcalfe from *Emmerdale*, reveals how she stays healthy and why she has a new-found respect for her body

She was nominated for Best Actress at this year's Soap Awards for a gruelling sexual assault storyline, and is currently taking a break from the show before filming her character's dramatic exit later this year. But off screen Natalie Anderson is happily married to James Shepherd and has a two-year-old son, Freddie. We had a quick chat with the 33-year-old actress to find out how she balances life - and looks so fab...



Natalie with on-screen sister and fitness guru Roxy Shahidi

about the physical and mental wellbeing benefits of juicing, so I started drinking them immediately, and now I try to have one daily. It helps me cope better with the amount and content of work I'm doing. It also keeps me mentally alert and my mood regulated - there's no more sugar-binge-related crashes.

Do you need to work harder at keeping in shape now?

I'm naturally slim, but as I get older I'm finding it harder to stay toned. Firming up is key - your body looks much more youthful when you have a bit of meat and tone. Look at Beyoncé, she looks healthy and gorgeous. Before bikini season I eat healthily and up my exercise routine, as looking and feeling good boosts my confidence. But since having Freddie, my appreciation and attitude to my body has changed - after all, it produced this

Do you make sure you find time to exercise?

Being active and staying healthy are essential to me, especially since I've had Freddie, as I want to have the energy to run around with him. Even if I'm busy at work, I try and go to the gym three times a week. If I skip a week my energy levels hit rock bottom and I don't sleep well.

Sleep must be very precious to you now you're a mum...

Yes! We're only just getting out of the disturbed nights phase. It's a shock when you have your first child - I still

wonder how James and I made it through the three nightly feeds at the beginning. Now Freddie's sleeping through, which means we are, too, thank God!

What's your go-to healthy food?

Juices made with my Nutribullet. Before I started the assault storyline, I read

#MYDAILYDIET

BREAKFAST



I love bread, so I have two pieces of toast and a cuppa.

LUNCH



My healthiest meal of the day: salad or a plate of veg.

LUNCH



I always have a green juice with my lunch.

MID-AFTERNOON



A cup of herbal tea - and a must-have biscuit!

DINNER



James will cook us a prawn stir-fry or curry.

TREATS



After a hectic day at work, I indulge in a glass of wine.



With
husband
James and
son Freddie

amazing human being. We should all have greater respect for our bodies and preserve what we have.

What's your attitude to food?

I eat pretty healthily. James cooks our evening meals from scratch and they're delicious. I like to have a bit of everything. As long as you're not over-indulging in anything (even juicing), your body will be happy. So enjoy a piece of cheese or glass of wine, just don't eat the whole packet or drink the entire bottle!

Who are your role models?

My mum. She brought me up on her own and was always comfy in her own skin. She educated me about food and health, and the importance of being strong, in every sense of the word. I've also learned a lot from Roxy Shahidi (who plays Alicia's sister, Leyla). Her yogi-vegan clean-leaving lifestyle has definitely rubbed off on me.

Do you find it difficult juggling motherhood and a career?

Having a child brings some normality back to my life. But it's hard when he pleads with me not to go to work. I love that we aren't a stereotypical household and that Freddie experiences a male/female parent role reversal. But I'm also looking forward to spending more time with him when I leave *Emmerdale*.

Exclusive
FIT & WELL
offer

20% off a luxury Ragdale Hall Spa Break

Need some time out? We've teamed up with one of our favourite spas to bring you this special offer

Whether you're looking for total relaxation, some quality me-time and pampering, or to kick-start a healthier lifestyle, Ragdale Hall is the perfect choice. Set in the Leicestershire countryside, it combines state-of-the-art facilities with the charm of traditional Victorian architecture to create one of the most luxurious and relaxing health spas in the country.

RELAX AND SAVE

Ragdale Hall has created a special package for Fit & Well readers with a 20% saving on the usual price. You can enjoy a two-night break in a Superior Twin, Double or Triple room from Sunday to Thursday before 19 December 2015 (excluding bank holidays). As well as meals and full use of the spa and fitness facilities, your break will include one 40-minute treatment - a choice of either a Prescription Facial or Moisturising Lavender Body Treatment - all for just £315 per person.

HOW TO BOOK

Call the Reservations Team on 01664 433000 and quote 'FIT & WELL'.



TERMS AND CONDITIONS:

This offer is subject to availability. Break must be taken by 19 December 2015. Offer based on sharing a superior twin/double/triple room for two nights. Ragdale Hall does not accept guests under the age of 16.

For more on Ragdale Hall visit ragdalehall.co.uk

WHAT'S INCLUDED

- » Accommodation in a bedroom with ensuite bath, shower and WC, free WiFi, digital TV and radio, telephone, hairdryer, mini safe, and tea- and coffee-making facilities.
- » Complimentary robe hire.
- » Breakfast in your room, three-course buffet lunch and three-course dinner.
- » An extensive daily programme of over 18 exercise classes and group activities in the two air-conditioned studios, suiting all fitness levels.
- » Use of the air-conditioned gymnasium.
- » Unlimited use of the Thermal Spa, including Candle Pool, indoor/outdoor Waterfall Pool and a series of heat and water experiences.
- » Use of the indoor swimming pool with whirlpool, cascade and massage jets.
- » Use of indoor exercise pool with aqua-gym equipment and a daily programme of water exercise sessions.
- » Use of outdoor pool (summer only).
- » Use of Mind Gym - mental agility room.
- » Steam room and sanarium.
- » Unlimited use of mountain bikes, tennis courts, pitch-and-putt course and boules areas.

WRAP UP OR NOT ON THAT RUN?

The answer Skip the extra layer.
The reason You could overheat and dehydrate. Dress as if it's 20° warmer outside than it actually is - you'll feel chilly at first, but you'll soon warm up.

FLOSS BEFORE OR AFTER BRUSHING?

THE ANSWER FLOSS FIRST
THE REASON It loosens food and plaque between teeth and under gums, which you can then brush away.

What's *better*?

We give you the knowledge to make the right decisions - fast!

SPF 15 OR 50?

THE ANSWER 50... BUT NO HIGHER

THE REASON SPF protects against harmful UVB rays, so suntan lotion up to factor 50 is a must. Anything higher may stop you burning, but it could also cause ageing UVA rays (which can initiate some cancers) to damage your skin, as you don't feel the heat as intensely and stay out in the sun longer.

69%

The range of antioxidants increases by this much in organic food. This is equivalent to adding one or two extra servings to your 5-a-day.

WHAT PACKS THE MOST PROTEIN?

There's more to this muscle-building, hunger-staving chain of molecules (aka amino acids!) than you think. Our body is made from the stuff - from our skin to our brain cells - so choose foods that pack a hefty protein punch.

100g steak



= 29g

1 chicken breast



= 27g

100g cashews



= 18g

1 cup red quinoa



= 8g

1 pot of natural yogurt



= 7g

1 large egg



= 6g

COFFEE VS JUICE

Which is best before exercise?

THE ANSWER

Swap your 'rev-me-up' caffeine for a glass of beetroot juice.

THE REASON It increases oxygen delivery to your muscles and it's rich in nitrates, which reduces the amount of O₂ needed by muscles during exercise.



Firm up your FACE

Wrinkles aren't the only sign of ageing. But if you've noticed some sagging, don't fret - there are ways to put the spring back in your skin

With age, skin loses its fatty tissue, collagen and elastin. As all those are responsible for volume and firmness, a decline can result in sagging skin. This tends to be most noticeable in the bottom half of the face, from the cheeks to the jawline, dragging your features down.

When does it begin?

It can start to happen in your thirties, with a slightly less firm jawline. Over time, it gradually worsens, particularly if you're overweight, as excess fat in your face can drag on your skin. Conversely, though, losing too much weight can also lead to droopy skin. Sagging often accelerates around menopause, with dipping hormones leading to drier skin and loss of elasticity - so it's in your fifties that you'll really notice it. Women tend to have a problem with either wrinkles or sagging - the way your mum aged can give you a clue as to what's in store for you. Luckily, taking action now can help slow the sag.

Can you reverse it?

A facelift is the only surefire way to regain youthful firmness, and most of us don't want to go that far. Botox can help in some areas - for example, carefully placed injections around the jawline can temporarily lift it. But that's only really helpful for fairly minor sagging and isn't a permanent solution.

Will I get jogger's face?

Some experts believe running can lead to sagging jowls, but the jury's still out on this one. While most agree that intensive long-distance running may, over time, do your face no favours, moderate running is unlikely to make much difference - and you have to weigh up the benefits to your health against any potential negatives. The sun may be at least partly responsible for skin damage during runs, so always wear a high SPF on your jog, even if it's cloudy.

THE FINGERTIP FACELIFT

Try applying your face cream using this lifting massage from celebrity facialist Nicola Joss:



1 With your index and middle fingers, start at your chin and sweep along the jawbone to your ears. Repeat six times.

2 Place your fingertips on the centre of your nose and make small circular motions out and up in the cheekbone area.

3 Move your fingertips up to the centre of your forehead, working upwards towards your hairline in small circular motions.

4 Firmly push your fingertips under your cheekbones. Press for three seconds and relax. Repeat three times.

YOUR FACELIFT IN A JAR

Fortunately, if you don't want to resort to the needle or the knife, there are some hi-tech skin creams that can help. Here are our favourites:

» **Clinique Repairwear Uplifting Firming Cream, £50** With botanical seaweed extracts to energise skin cells, helping

rejuvenate and boost skin volume. Ideal for anyone worried about loss of volume, as it's rich without being too heavy for thirty-something skin.



» **L'Oréal Revitalift Anti-Wrinkle + Firming Day Cream, £11.99** This light, absorbable cream contains fibre-elastin to plump skin cells, as well as pro-retinol to gently resurface skin and smooth fine lines.

Ideal for tackling all the key signs of ageing in one go.



» **Clarins Extra-Firming Night Rejuvenating Cream, £53** This super-nourishing cream contains compounds to help protect

skin's stem cells, plus hyaluronic acid to hold in moisture.

Ideal for overnight lifting for mature or dry skin.



» **Dr Hauschka Firming Mask, £38.50** For an intensive treatment, apply this revitalising mask, with marsh mallow and rose to support skin's natural renewal processes.

Ideal for fast firming - promises to instantly plump and lift.





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the next issue of

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fat-burning
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All under £50!

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Only
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'Are 8 glasses of water a day worth drinking?'

We're often told to swig 2 litres a day to look and feel younger, but is it essential? Charlotte Haigh MacNeil gave it a whirl

Every gorgeous celeb swears drinking 2 litres a day is the secret to her perfect skin and sparkling eyes. But despite the potential benefits, I'm a total slouch when it comes to downing water, partly because I find it very boring.

The l'eau-down

The official advice is that you should aim for 1.6 litres of fluid every day to keep your health ticking over, but milk, fruit juice, soup and even tea and coffee count towards this. However, nutritionists and beauty therapists argue that you should guzzle at least 2 litres of water for optimal health and a gorgeous complexion.

I'm a sucker for anything that promises smoother skin, so I visit a Dermalogica salon for an analysis. Therapist Felicity puts on magnifying goggles for a closer look. 'You're quite dehydrated,' she says, pinching the skin on my forehead to see if the giveaway signs of puckering appear. 'Only a small amount of the water you drink gets to your skin.' She points out other signs of dehydration:

dark circles under my eyes, flaking around my hairline and a dull complexion.

Getting the habit

I start by drinking a big mug of warm water with a bit of lemon juice squeezed in before breakfast - that's 300ml of my target done before 7am. But while I'm getting ready for work, I keep needing to go to the loo and nearly miss my train. Undeterred, when I get to the office I fill my Bobble bottle, which filters water as you drink. I get through over a litre while at work and polish off the rest with my dinner.

But I lapse over the next few days. I'm out and about so keep forgetting to drink, and end up downing most of my quota in the evening (not

a good idea if you want to sleep well).

To solve the problem, I download the Waterlogged app. Throughout the day it sends me reminders to drink. It's brilliant, and not only do I hit my water target, I also up my step count for the day by getting up to refill my bottle - and go to the toilet.

I even find ways to make water more interesting, adding lime, ginger and mint, and dust off my old Sodastream and make fizzy water. In a tall glass with a sprig of mint and some ice, it feels like a 'proper' drink. Cheers!

The Waterlogged app is available in Apple's App Store



I needed a drink after Felicity gave me the lowdown!



Despite a tricky start I'm now a convert, and the results are clear to see

The verdict

Back in the Dermalogica salon three weeks later, Felicity announces a great improvement. 'Your skin's soft, elastic and well-hydrated,' she says, explaining that, when she pinches it, it springs straight back. Skin aside, my energy levels have soared - I normally slump after lunch, but now I feel perky all afternoon. My contact lenses feel more comfortable and my eyes look brighter. There have been indirect benefits, too. Drinking more water means I'm having less tea and coffee, so I've been sleeping better. I'm sold - this is the cheapest, easiest health habit I've ever adopted.

How do you bounce back?

Take our quiz to find your coping style when dealing with life's difficulties...

You can't always control what happens in your life. But you do have some control over how you react to problems.

Resilience - the ability to bounce back from difficulties - is an essential component of happiness. Your coping style is partly down to your upbringing and whether your parents dealt with problems in a positive way. Past experience also plays a part - if you've been through difficult times and come out the other side, you can cope when life gets tough. Luckily, you can learn to be more resilient - so try our quiz to see how you cope, then read our tips.

1 You get made redundant, your child gets into trouble at school and then your car breaks down, all in the space of a few days. What's your attitude?

A You're terrified about what's going to happen next - you can't cope with anything else.

B You just keep your head down and get through each day.

C You have to laugh - how much bad luck can you have?

2 How have you dealt with difficult times in the past - such as relationship breakdowns or bereavements?

A It's taken you a very long time to function normally again.

B You got on with life, believing that's the best way to deal with things.

C You were very down for a while and had to take some time off, but gradually felt better.

3 You've had a tough day at work. What do you do?

A Go home, pour yourself a large glass of wine and look for a new job.

B Don't think about it too much -

tomorrow's another day.

C Phone a friend to talk it over.

4 Your partner loses his job. What's your first reaction?

A Panic - how will you manage?

B Sit down together and make a new household budget.

C Sympathise, then talk to him about the next steps.

5 Your relationship's rocky. How do you cope?

A You feel devastated and keep trying to talk about it with your partner.

B You wait to see what will happen - whatever will be, will be.

C Try to get your partner to counselling.



WORK OUT YOUR SCORE

MOSTLY As

The Crumbler

You find it hard to cope with difficulties and tend to go to pieces easily, often getting over-anxious. This may be because you didn't learn effective coping strategies growing up, or it might be that you don't have the right support in place.

Bounce back better

» **Keep calm** You'll be able to think more clearly about the steps you need to take, according to John Lees, author of *Secrets Of Resilient People* (£9.99, Hodder & Stoughton). When you're feeling overwhelmed, go for

a 10-minute walk to clear your head.
» **Believe in yourself** Learn to view problems as opportunities, says John. 'Visualise yourself doing things you find hard, whether that's giving a presentation or being assertive with your partner. The brain is strange - you can even learn from things you have never done before.'

» **Box up your worries** It's common to mistake worrying for planning, according to John. 'Worrying is counter-productive because you're focusing on the negatives.' He recommends giving yourself 10 minutes to think of the worst-case scenario - then put that to one side.

MOSTLY Bs

Tough Cookie

You don't like dwelling on things and tend to take a very practical approach to problems. To outsiders, you seem to cope well - but you could be storing up trouble. You may be prone to depression and anxiety because you bottle things up, and could be likely to drink or eat too much.

Bounce back better

» **Start talking** Resilient people usually have a good support network. Try talking to friends you trust when times are tough. They can help take

the pressure off and might have some solutions for dealing with your issues.

» **Accept what you can't change** You always want to fix everything, but the reality is that some problems will be outside your control. 'Look hard at the things you can't influence and ask yourself if they really matter,' says John.

» **Have fun** Your inclination is to avoid difficult feelings, which can mean you go into isolation when you're having a bad time. Instead, says John, seek out people you love. Simply being around others and enjoying yourself will help you feel more confident and put problems into perspective.

6 You have to give a presentation at work and feel out of your depth. What's your approach?

- A You try to get out of it.
- B You decide to bluff your way through - you don't want to let on that you don't feel confident.
- C See it as a challenge and ask other team members for help.

7 A friend asks for help with a very serious problem you don't feel equipped to advise on. What do you do?

- A Suggest she speaks to someone else.
- B Tell her what you'd do in her situation.
- C Say you're there for her and help her find the right support.

MOSTLY Cs

The Calm Coper

You understand instinctively that it's OK to feel upset or angry, and you know you'll learn and move on faster if you let yourself experience those feelings, rather than trying to avoid them. You have good coping strategies, such as opening up to friends. But there might be areas where boosting your resilience could be helpful.

Bounce back better

» **Don't rush yourself** Not over it yet? Just because you normally move on fairly quickly from disappointments, it doesn't mean you will every time. We

all have our weak points - so you may find, for example, that you cope better with a work crisis than with a relationship break-up.

» **Know your breaking point** While you may handle difficulties well, if they all pile up on top of each other you may find the pressure too much to cope with. Check in with yourself - if you're feeling very stressed or sad, don't be afraid to ask for help from friends and family.

» **Be grateful** According to John, gratitude can help you stay positive, whatever's going on. Writing a weekly gratitude list can help you keep your upbeat attitude.

Healthy eating gadgets **on test**

We put the latest kitchen appliances to the test to see if they really can take the effort out of mealtimes



Vitamix S30 £399, vitamix.co.uk

WHAT IS IT? A blender with a power boost upgrade. Its laser-cut blades blitz through even the toughest ingredients, including ice, to create a smooth blend of juices, soups, sauces, smoothies and frozen desserts.

BEST BITS The pack comes with two travel cups that are double-insulated to maintain temperature, so you can enjoy your soup or smoothie on the go.

DOWNSIDES If there's not enough liquid in the blender, the blades can stall, resulting in a slightly lumpy concoction. And as it's rather pricey

(and won't be making you a family meal), you need to be a blending nut to justify the price tag.

MAKE THE MOST OF IT Read up on what foods should be placed in the jar and where, in the accompanying guide book. Then check out the cookbook (also included) for ideas on whizzing up drinks, sauces and nut butters.

WHAT WE MADE Rough-around-the-edges houmous.

WHAT YOU NEED

» Chickpeas » Oil » Lemon juice » Sesame seeds » Garlic » Cumin » Salt



BEST FOR
on-the-go health fixes

Dessert Bullet

(by NUTRIBULLET),
£59.99, highstreettv.com



BEST FOR
sweet-toothed health buffs



WHAT IS IT? Dessert lovers don't need to worry about their waistlines with this clever contraption from the

makers of the popular smoothie machine. It creates delicious frozen desserts without the added sugar, fat and calories of shop-bought ones. Simply insert frozen fruit into the chute, place a bowl beneath the dispenser, push down the plunger, and in a matter of seconds out squirts a delicious chilled concoction. Genius!

BEST BITS Like its older sibling, it will pulverise any seeds or pith to give you a smooth dessert. It's simple and quick to set up and use - you'll already be tucking in while your regular tub is waiting to thaw!

DOWNSIDERS Several of the ice-cream recipes use frozen banana, so if you don't like the yellow fruit this may not be for you.

MAKE THE MOST OF IT Add different combos of frozen and fresh fruit to boost your 5-a-day.

WHAT WE MADE Raspberry ice-cream.

WHAT YOU NEED

- » 1 frozen banana
- » 1 handful frozen raspberries



DeLonghi Multifry

£189.98, delonghi.co.uk

WHAT IS IT? A health-conscious low-oil fryer and multicooker in one. It claims to cook everything from stews and pizzas to cakes and pies.

BEST BITS The large bowl means there's enough space to cook a family meal. The special heating system allows for rapid cooking, without drying out food, and there's also an inbuilt paddle that constantly stirs ingredients to ensure food is cooked through.

DOWNSIDERS This noisy gizmo doesn't chop or peel, so you'll have to prep veg. Also, the timer doesn't



BEST FOR
health-conscious families

automatically switch the appliance off, so you have to keep an eye on it. **MAKE THE MOST OF IT** It can cook up to 1.5kg of potatoes (that's enough chips to feed eight) in just 14ml of oil. Healthy and handy!

WHAT WE MADE

Deliciously fluffy homemade chips.

WHAT YOU NEED

- » Oil
- » 1.5kg potatoes



Chef'n'SteamSum Stackable Steamer

£32.77, onlinekitchenware.co.uk

WHAT IS IT? A stackable steamer that you place over a saucepan or wok, or in the microwave, to easily steam food - one of the healthiest cooking methods.

BEST BITS There are two stackable layers with divisions, so you can cook different components of your meal together. Or you can remove the inserts to make one large compartment, ideal for steaming a pudding. Plus, it goes in the dishwasher.

DOWNSIDERS

While loads of food can be steamed,

it's not the right cooking method for everything, so could be a bit limiting.

MAKE THE

MOST OF IT Read the steaming guide that comes with the product, as it's helpful for getting timings right and giving you ideas for different foods to steam.

WHAT WE MADE Salmon with steamed vegetables.

WHAT YOU NEED » Salmon fillet » Kale » Courgette » Red pepper » Soy sauce (to add afterwards)



BEST FOR
kitchen technophobes



Kenwood kCook

£329.99, kenwoodworld.com/uk

WHAT IS IT? Your very own one-pot wonder that chops, stirs and even cooks you delicious dishes, without a chopping board or wooden spoon in sight. It can whip up anything from casseroles and risottos to soups.

BEST BITS There are three pre-set programmes: 'chop', 'steam' and 'one pot' to create simple, tasty meals. Plus, there's even a 'keep warm' option.

DOWNSIDERS After chopping, you often need to scrape down the sides (with the provided spatula) to ensure all ingredients are cooked. And the pot is on the small side - so better for dinner for two, rather than a large family meal.



BEST FOR
busy hi-tech types

MAKE THE

MOST OF IT If you're stuck for inspiration, use the recipe app, which contains over 200 ideas.

WHAT WE COOKED A yummy primavera risotto.

WHAT YOU NEED » Risotto rice » Oil » Garlic » Stock » Peas and green beans

THE ONE THING...

Singer, songwriter and former Sugababe Heidi Range, 32, reveals the things that make her tick



...that makes me feel confident

Is Barry M or MAC brightly coloured lipstick. When I feel a bit tired I slick some on for an instant fix.



...that helps me get to sleep

Is Dr Hauschka Rose Day Cream, £29.50. I always put it on before bed and now I associate that scent with relaxing and bedtime.

...I do to stay in shape

I work out three times a week with my trainer. She mixes it up to keep my body guessing, alternating between weights, lunges, TRX and HIIT.

...that perks up my energy

Is exercise. Not necessarily while I'm doing it, but definitely afterwards. A long walk with my pug Bettie always clears my head, too.



...that helps me relax

Is scented candles. I love lighting them in my living room in the evening, pouring a glass of wine and then chilling out. Bliss!

...I eat to stay healthy

Is plenty of greens. I also take Nature's Way White Kidney Bean Extract, which lowers the GI of carbs and helps stop cravings in between meals.



» Heidi is the ambassador for Nature's Way White Kidney Bean Extract. Available at Holland & Barrett and online at natureswayuk.com, £14.99 for 60 capsules.



Heidi, who's engaged to Alex Partakis, wears lipstick for a quick boost

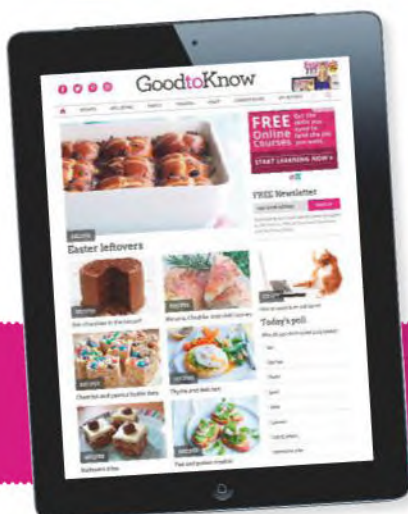
Tweet your tip!



Heidi wants to know what helps you jump out of bed in the morning. Share your top tips @fitandwellmag using the hashtag #theonething

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* HEALTH * FOOD
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PLUS new website
GoodtoKnow.co.uk





findahealthstore.co.uk

If you've ever examined a food label, worried about the chemicals in your face cream or questioned the environmental impact of your washing up liquid - then, chances are, you will find plenty to interest you in a specialist health store.

Health stores are more than places to buy your bran and vitamins, they have a wealth of knowledge on all things natural, ethical and environmental.

Discover the difference between, and considerable benefits of, shopping in independent health stores rather than mass-market outlets. With thousands of different natural products to choose from, health

stores are a one-stop shop for everything natural, ethical and environmental: wholefoods, organics, raw foods, allergy-free foods, vitamins, minerals, herbs, amino acids, sports nutrition, essential fatty acids, cruelty-free bodycare, environmental-friendly household cleaners, recycled paper products - some even stock eco-paints, organic clothing and vegetarian pet foods.

Health stores have staff who are qualified and/or experienced in helping with a wide range of health conditions including Acne, Allergies, Children's Health, Digestion, Energy, Fatigue, Hair, Skin & Nails, Heart Health, Joint Mobility, Mood, Menopause, Men's Health, Mouth

Ulcers, PMS, Sleep Disorders, Sports Performance, Urinary Health, Weight Control, Women's Health & much more. Don't be embarrassed to talk about any health concern, they've heard it all before - and helped!

Health food stores come in all shapes and sizes - that's the beauty of independent shops, they are quirky, passionate and individual.

A huge improvement on the clone high street chains.

There are more than 1000 independent health stores across the UK, to find your nearest, visit our stockist locator at findahealthstore.co.uk

This advertisement to promote the specialist independent health store is brought to you by Viridian Nutrition.

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